

Barre

This low-impact workout uses light weights, bands and classic barre techniques to tone and tighten your whole body.

Cardio Drumming

A cardio jam session, which utilizes weighted drum sticks for a workout which challenges every muscle group by blending cardiovascular trainings for the ultimate workout ***45 min. Class

Cardio Kickboxing

This program combines martial arts, kicking, and punching combos to create a high intensity workout for your whole body.

Gentle Flow Yoga

A slower, flowing sequence of yoga movements is used in this class to help strengthen and promote flexibility. ** 45 min class.

HITT

An interval training workout that focuses on full body strength paired with bursts of cardio.

Pilates

This fitness class is a method of exercise that consists of low-impact flexibility and muscular strength movements. **The majority of this class is spent on the floor using mats.

Strength Circuit Saturday

New!! This class is a 45 min class of circuit stations. Each station is 1 minute in duration before you move on to a different activity. Arm, leg, core, and cardio stations are used through the workout. *** 45 min. Class

Strength Training

New!! An intense full body strength training class that uses dumbbells and kettlebells increase strength, energy, flexibility and mobility. Each workout will include one superset, one full body circuit and a core circuit to make for an intense, full body workout.

TRX

A suspension training class which allows participants to work against their own body weight to improve strength, balance, flexibility, and joint stability. This is a low enrollment class, which allows for a one on one feel. ** 30 min class

Vinyasa Flow Yoga

This style of yoga class uses flowing sequences of poses and breathing techniques to increase strength, flexibility, endurance and balance.

Zumba

A Latin-inspired dance workout that uses footwork and rhythms such as Salsa, Merengue, Cumbia, and Reggaeton to give you a full cardio workout.