

BOSU STRENGTH will improve balance, core, and leg strength while working on functional movements.

CIRCUIT rotates through 16 weight lifting/cardio stations where major muscle groups will be targeted and worked. Progress through the stations one or two times during the class.

ESSENTIAL STRENGTH is a strength training based class focusing on the main 5 essential strength movements of squat, push, pull, lunge, and twist, along with learning ground to standing techniques and incorporating balance and coordination in a fun environment!

DYNAMIC TONE/CARDIO will build on foundation fitness principals to support movements used in daily living. Focus is on core health, balance, and functional fitness..

HIGH LOW is rhythmic aerobic dance movements building from basic steps. Intensity can be modified by participants between high and low aerobics. High Low Easy will use simpler movements throughout the class.

MAT PILATES is a whole body workout, gentle, but challenging. It elongates and strengthens your muscles, improving both muscle elasticity, and joint mobility. It builds body awareness, improves flexibility, posture, core strength, and decreases back, neck, and joint pain.

POUND Rockout Workout is athletic, fun, and low impact using drum sticks. No drumming experience needed. All fitness levels welcome.

SPINNING is for serious spinners and outdoor cyclists. We work on progression of strength and interval training to move past plateaus and maintain summer fitness gains.

SPIN & CORE classes will progress from warm-up to moderate intervals followed by an instructor led series of core exercises at the end.

SPIN TABATA'S classes will progress from warm-up into a calorie burning, interval based workout. Intensity modification will be taught.

SENIOR SPIN is a low impact moderate cardio workout for beginners and seniors. Friday's class will add a little more challenge for participants during the workout.

STEP is a high-energy class that will build from basic choreography into intermediate variation using the step.

STRETCHING is a 30-minute class focused on stretching the major muscle groups.

STRONG is a high intensity, interval training driven by synced music rhythms. Push past your limits to reach fitness goals. Uses your own body weight to tone, define, and build endurance. Increases afterburn!

TABATA wakes you up with high-impact movements for cardio fitness improvement. It is a fast-paced, calorie-burning HIIT (High Intensity Interval Training) class!

TAI CHI will improve balance and coordination. Poses are linked together in a continuous sequence. All fitness levels welcome.

YOGA FLOW AND RESTORE The pace is moderate enough for beginners and seniors, but also appropriate for those more experienced who want a gentle yoga class. Emphasis is on balance and flexibility, as well as body strengthening.

INTERMEDIATE YOGA is a slightly faster pace for those who desire a more rigorous class.

YOGA FOR STRENGTH is a flow based class that focuses on building strength, increased mobility, and deeper core strength to keep you fit for all of your athletic pursuits.

VINYASA YOGA is an invigorating and dynamic yoga connecting breath with movement. Focus is on balance, power, fluidity, flexibility, and alignment. Feel clear, clean, and energized.

ZUMBA is a latin- inspired, high-energy program with motivating music and dance.

ZUMBA GOLD is a low impact latin- inspired dance that is slower paced, but still packed with intensity.

ZUMBA TONING is the same latin-inspired dance moves with the addition of "zumba shakers" to help tone your muscles.