Abs'n'Stretch: This total core workout will have you feeling strong and tough! This class incorporates movements to strengthen your abdominal muscles, obliques, and lower back! Come and improve your balance and stability in this express style class.

All Levels Yoga: This class provides a workout that focuses on technique and alignment of each pose. Together we will connect mind and body for breathing, flexibility, and strength training. Reduce your stress and improve your physical and mental balance.

Aqua Bootcamp: Get in the water and play! This class offers high intensity training in the water. Workouts vary each class targeting strength, flexibility, and cardiovascular endurance.

Bootcamp: Join the workout that will push you to your limits and make you sweat! As you maneuver your way through each workout station, you'll lunge, crunch, jump, and more for a full body workout. In the end, you'll leave the class feeling exhilarated!

Boxing Conditioning: This class puts a focus on the importance of anaerobic conditioning by using fists or padded gloves! By implementing a series of both offensive and defensive movements you'll come out of this class feeling confident and conditioned. Expect plenty of bag work, calisthenics, and circuit based workouts!

Cardio Conditioning: Looking for an awesome cardio workout? This class is for you! Cardio conditioning fuses the best that floor exercise has to offer, including circuits and sport agility drills. Prepare for a fun and challenging class, guaranteed to get your heart pumping.

Circuit Strength: Want to get a strength workout in and avoid the weight room? This class is for you! Our instructors guide you through various workouts utilizing an array of equipment. Weights, medicine balls, body bars, and more; you'll leave feeling lean and strong.

Cycle: This class will challenge you in ways you didn’t think possible with sprints, climbs, and jumps. This workout is designed to increase your cardiovascular endurance with high energy music and exhilarating rides! Participants will remain on the bike throughout this workout.

Gentle Flow Yoga: Core strength and relaxation! This low intensity option will leave you feeling strong and focused on your practice.

H.I.I.T’n’Core: High intensity interval training! If you’re looking to take it to the next level, this workout is your soul mate! This class focuses on endurance, plyometrics, strength, balance, agility, and coordination.

Kickboxing & Sculpt: This cardio workout is full of exhilarating kick and punch combinations that will keep your heart rate up and deliver great results! An integration of circuits, lifting, utilizing body weight, and functional movement will keep you on your feet, guard up!

Pilates: This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. In this class you will learn the basic series of exercises upon which the Pilates method is built.
**Power Yoga:** We'll build flexibility and strength through yoga flows in high intensity!

**Restorative Yoga:** Build a healthy relationship with your spine! In this class, we will move through a series of postures designed to help you find and feel proper alignment in your low back, sacrum, hips, upper back, neck and shoulders. You will leave feeling refreshed and equipped with the tools to help you stand up to poor posture.

**Self Defense:** A mix of today's sport based mixed martial arts and traditional martial arts principles this course strives to be the balance between fitness and function. Throughout this class techniques and drills will be pulled from multiple arts such as kickboxing, hapkido, Brazilian Jiu jitsu, and close quarters defensive tactics. In three words this course can be described as classical, tactical, and practical.

**Step & Sculpt:** This class takes traditional step moves and transforms them into creative step combinations by simply adding the elements of rhythm, direction and style! Class wouldn’t be complete without integrating the cardiovascular workout with great toning and muscular strengthening exercises. Step into fitness with your friends!

**Tabata’n’Core:** This interval training style utilizes 20 second work periods, paired with 10 seconds of rest, for eight rounds per circuit. Tabata is a type of high intensity interval training that incorporates strength training, cardiovascular exercises, and core exercises in to a complete workout. Come to this fast paced class to get an intense total body workout in a short period of time!

**Total Body Sculpt:** Strength training isn’t just for the weight room. Total Body Sculpt is the ultimate full body workout designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, BOSUs, medicine balls and gliding discs. Exercises and equipment are selected by the instructor and creatively woven together for a unique workout that is different from week to week.

**TRX:** This is a suspension training class that will challenge your whole body. It uses gravity against one’s own body weight to progress strength, balance, flexibility and core stability. One can easily change the angle of their body from the ground for the diverse and altered fun exercises. Having the ability to change the body’s angle lets one work their body more or less with their weight which can create a more intense or modified workout. Once you come join this great strengthening workout and you won’t turn back!

**TRX, Strength:** Accomplish a full body workout in just 45 minutes! You will increase strength and balance through interval TRX training in a format that will keep you moving so all class time can be directed at reaching your fitness goals. Mixed level class – beginning and experienced participants welcome!

**Vinyasa/Yoga Flow:** Have you always wanted to try a yoga class? This class is for you! Treat yourself to a yoga class that builds strength and flexibility. Poses are sequenced to provide a complete body workout while cultivating body awareness and mindfulness. You’ll feel refreshed and rejuvenated.

**Zumba™:** Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.