

Sculpt- a full body resistance class, using a combination of dumbbells, resistance bands, and bodyweight.

Strength & Stretch (S&S)- this class provides a combination of strength and conditioning with the benefits of stretching and mobility. It includes 30 minutes of strength conditioning followed by a stretching and mobility work.

Cardio/Muscle- a mix of freestyle cardio with full body strength training using a combination of tubing and weights.

Bosu Strength- a variety of strength based exercises, performed with the Bosu ball to bring an added balance and stability component to your training routine.

Interval Training- cross training of cardio and strength exercises to keep your heart rate elevated using bouts of work followed by rest periods.

HIIT express - high intensity 45-minute class that is structured in intervals aimed at combining strength and cardiovascular challenges.

Circuit- this 45 minute class takes a functional approach to strength training, in circuit format and uses some additional equipment including kettlebells, tires, TRX and more!

TRX Intervals- The TRX is a versatile piece of strength training equipment that allows for a full body strength workout, mixed in with some cardio, calisthenic intervals.

Zumba- a cardio workout to the latest Latin beats, this class is as much a party as it is a workout!

Yoga Flow- A holistic approach that uses postures, breath awareness, and relaxation technique to balance the mind, body, and spirit. Class is suitable for participants new to yoga with emphasis on execution of poses.

Yin Yoga- is a slow-paced style of yoga with postures that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

Yoga Flow/Yin- Flow yoga combines and connects postures to one another using the breath as a guide for movement. This class concludes with a restorative Yin practice.

Group Cycle- This 45-minute class in our new cycle studio will test your cardio using a variety of interval and endurance training techniques.

Cycle/Strength- this 75-minute class starts with a 40-minute ride that focuses on cardio. Participants then transition to the aerobic studio where full body resistance training becomes the primary focus and concludes with a stretch.

Mat Pilates- Pilates utilizing a mat rather than a reformer machine places emphasis on core stability and maximizing movement patterns.

AquaFit Shallow- a fun and dynamic class done to music, in the shallow end of the pool that aims to get a full body workout (45 min)

AquaFit Deep- a full body workout done in the deep end of the pool; uses music and tempo to keep the heart rate elevated major muscle groups working (45 min)

AquaFit Combo- this class combines exercises in both the shall and the deep

All classes are 55 minutes unless otherwise stated.