Class Descriptions

Aqua Dance (water class): High energy, low-impact water workout, creates natural resistance to tone the entire body. For a safe, effective workout, with low impact on joints, try Aqua Dance.

Balance and Mobility: Improve and maintain mobility. Focusing on balance, strength and moderate aerobic activities.

Barre: Low-impact strength routine using postures inspired by Ballet, Pilates and Yoga. The ballet barre is used for balance while focusing on isometric strength training combined with high reps of small range of motion movements.

Boogie Blast:Total body dance including a circuit that focuses on functional movements.

Cycle: High-intensity, low-impact workout, on stationary bikes. Improve strength and cardiovascular conditioning, paired with motivating music to keep you coming back!

Cycle + Core: Up your game with a heavy sweat cycle session and a variety of affective core exercises. Designed around two features- cycle (cardio) and core (for strength and power).

Dance-a-lates: Is a combination of pilates and dance to upbeat music. Come get your groove on as well as a good sweat!

Dance Fit: Be ready to shake it, drop it with an all over body workout. Dancing to music and moves you love!

Gentle Water Fit: Low water aerobic exercises performed in shallow water. A safe place for all levels.

Home School P.E.:Appropriate for Kindergarten to 8th grade. Active games, circuit stations, obstacle courses, yoga, dancing, etc. A fun mixture designed to keep kids engaged and moving!

Kids in Motion: Appropriate for Kindergarten to 8th grade. Active games, circuit stations, obstacle courses, yoga, dancing, etc. Anything goes in this class to keep youth engaged and moving!

Lower Body Workout: A workout focusing on legs and glutes. Incorporating free weights and resistance bands to strengthen and tone those muscles. It's a great

Morning Stretch: Get your morning started off right with this stetch class. A full body stretch to help get the body going!

Parkinson's: Helps improve coordination and motor skills. Movements that can increase agility, flexibility and balance. This class is free to members and non-members.

RIP: Barbell workout with functional strength training. Every plane of the body is addressed using weights and bodyweight. Safe, motivating, traditional exercises, allowing participants to work at their own level.

Rise and Grind: A fast paced blend of strength and cardio to get your day started off with a bang. Stop in anytime for a great workout!

Self Defense: Learn self-defense techniques through this total body workout. A FUSION of boxing, wing chun, kali, silat and muay thai.

Shred: 45 intense minutes! A little something for everyone! The key ingredient in SHRED is motivation! Shred workouts involve low weights and higher reps with moderate cardio.

Shred and Tread: An intense blend of bodyweight land exercise and deep water training.

Spin: Cardio endurance, flexibility, combined, for high-intensity, low-impact cycling. Warm your muscles on the bike then and increase your flexibility off the bike!

Step Challenge: Intermediate to advanced step combinations are featured in this cardio routine for a fun and challenging class! Being familiar with step terminology and movements are recommended, but not required.

Strength and Sculpt: Weight based strengthening and toning through isometric holds and isolated movements.

Tabata Tuesday: High Intensity Interval Training (HIIT) that involves 20 seconds of bursts of activity followed by 10 seconds of rest for 8 rounds.

Water Fit: Mid to high-intensity water aerobic exercises performed through a combination of deep and shallow water. A safe place for all levels.

Yoga: Learn and master slow, controlled movements that serve to increase blood flow, balance, flexibility, strength and mind-body connection. Classes focus on building a firm foundation to instill confidence in your practice.

Yoga with a Focus: This class is good for beginners or those who practice often. Focus on a "Pose of the Month". Each month students build skill and muscle memory in the selected pose, working on alignment, strength and length in the body. Added benefits are general well being and focus.

Yogalates: A fusion of yoga and pilates. It combines techniques of yoga focusing on stamina and balance with pilates techniques to improve posture and stability.