BOOTY BLASTER
This strength class focuses on your glutes, hamstrings, quads, and MORE to build your booty. Get a great sweat with cardio and strength focused interval training!

STRENGTH
Build total body strength in this cross-fit style workout! Complete the workout of the day (WOD) by learning how to safely lift weights and build your functional fitness!

CORE
Targeting your entire core, including back and abdominal muscles. A strong core leads to strong, healthy body that will be less prone to injury. This class is a wonderful complement to all group fitness classes.

GRAVITY
These exciting strength classes are held on our Gravity trainers. Gravity trainers are the commercial line of the popular “Total Gym.” Gravity Strength will heat up all the major muscle groups for an incredible total body workout. Each participant works at his/her chosen level of resistance. Participation is limited to 10, so come early.

BARRE
If you are looking to build long, lean muscle with ballet based movement this is the class for you! Define and strengthen in this unique and challenging workout that targets your arms, abs, hips, butt and thighs. This intense fusion of Pilates, sculpting, and ballet-based exercises will change the way your body looks!

YOGA WITH WEIGHTS
When yoga meets weights, a new workout is born! You’ll combine free weights to intensify traditional yoga poses and cardio to build strength, flexibility, and endurance in this unique practice. Suitable for all fitness levels.

YOGA
Seamlessly linking breath and movement, yoga keeps you present as you learn to move gracefully in and out of poses. Yoga will build confidence and help you stay present and centered. Flowing around the obstacles that come your way, this energetic practice will empower you with the strength to face anything.

POWER YOGA
Uniquely linking together one posture to the next in a smooth, controlled flow. Breathing and movement come together to create heat in the body that leads to increased circulation and concentration.

BEGINNER YOGA
A class for those newer to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, focuses on proper alignment, teaches you how to breathe and helps you feel more comfortable in your practice.

PILATES
Pilates is a method of exercise designed to stretch, strengthen, and balance the body. Anyone can benefit from Pilates’ focuses on building core strength through centering, control, flow, breath, precision, and concentration.

CYCLE
An indoor adventure on a stationary bike to simulate a real road experience. You will experience interval training that incorporates hill climbs, flat roads and speed work. Heart rate monitors are recommended.

ZUMBA
This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with unique combinations that make you feel like you are on the dance floor. We promise, exercise has never been so fun!

HIP HOP
Get moving and sweat to the beat in this fun dance workout! Hip-Hop will incorporate dance choreography to target your heart rate and give you a full body workout. Not a dancer? No problem! This workout is great for all levels!

INSANITY
Participants perform long bursts of maximum-intensity exercises with short periods of rest. Each workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

DRUMBA
An exciting exercise format that combines regular or weighted drum sticks with lower body dance steps to create a fast paced intense cardio workout for the upper and lower body that is fun! All equipment is provided, great for all ages and physical abilities.

HIIT
High Intensity Interval training is one of the most effective workouts for the busy student. Through a variety of simple, yet intense timed exercises, each class will build your muscular strength and build your cardio endurance! This is a total body conditioning class where ALL fitness levels can expect to be challenged.