BODY SCULPT
This strength class focuses on your entire body using a combination of strength training and body weight exercises. Get a great sweat with cardio and strength focused interval training!

HIIT
High Intensity Interval training is one of the most effective workouts for the busy student with simple, yet intense timed exercises. This is a total body conditioning class where ALL fitness levels can expect to be challenged.

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.

STRONG BZ
Strong by Zumba, is nothing like a Zumba class! HIIT class synced with music where you only use your own bodyweight.

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.

PILATES PLUS
a full-body workout with combination of Pilates movement and weight training.

PILATES MAT
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.

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.

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.

DANCE FUSION
A fun dance oriented workout that fuses a variety of dance styles including Hip Hop, Club, Jazz and Latin movements together with easy to follow aerobic patter