

Aqua Fit – A fun, energetic combination of cardio intervals with all over body toning and conditioning using water resistance with bands, noodle and bodyweight movements. Great for all ages, levels and abilities!

Aqua Intense – This class will challenge you using many of the same movements and exercises of Aqua Fit but with longer intervals and a bit more intensity!

Aqua ZUMBA – If you love Zumba on land, you'll love the added fun and benefits of doing Zumba in the water! All the same great music, fun moves and high energy with the added resistance of the water and no impact on your joints!

Barre Fitness – offers you a low-impact, full-body workout specifically focused on hips, thighs, glutes, abs and arms. Small, isometric or pulsing movements will help you tone and strengthen muscles. You'll use of a ballet-like barre as a prop for balance during some exercises. Light hand weights, a tube and small round ball specific to Barre will also be used. Entire class is focused on creating long, lean muscles without bulk.

Core CRUSH – High intensity/low impact total body conditioning. Primary focus is increasing strength, balance, endurance for your core/torso/abs to help us all function better in life, no matter what our fitness level. This class will use body weight moves, medicine balls, stability balls and more to fire up and tone your core!

Cycle/TRX – Great combo! 30 minutes of cycling followed by 30 minutes of TRX – get your cardio and strength workout all in one hour!

Fit Fusion – This 45 minute total body class will supercharge your fitness level and metabolism. This is an anything goes workout of strength and cardio moves to burn your muscles, challenge your heart rate and motivate you with something different every class. Class could include bodyweight plyometric moves, kettle bells, partner work and other boot camp intense moves. Be ready to be challenged!

Fit Lite – A low intensity total body exercise class that will focus on building stability, strength and cardio capacity in a fun and effective ways appropriate for all fitness levels. A variety of equipment will be used including bands, balls, dumbbells, TRX and bodyweight movements.

Fusion Vinyasa – A perfect combination of strength and resistance with all that vinyasa flow yoga offers! 30 minutes of weights, bands and bodyweight movements to strengthen and define our muscles followed by 30 minutes of alignment, breath control, stretch and the playful flow of vinyasa yoga.

Gentle Floor Yoga – Class is practiced “on the floor” meaning you go down to the floor in the beginning class (one time) then back to your feet at the end of class. Class is focused on the mind-body connection by practicing gentle movement and stillness for extended periods of time. Yoga poses are held for 2 to 4 minutes. Class ends with about a 10 minute guided meditation.

Group Cycle – Cycling focused on strength and stamina designed around music and choreographed “scenery” including hills, curves and long flat fast sections of road. A great general workout, but still perfect for the outdoor cycling enthusiast/athlete due to the climbs, sprints and pulls to build endurance and power. Fun for all!

HIIT TRX – Come experience a total body workout featuring high intensity intervals using the TRX, kettlebells, BOSUs and bodyweight movements. Class is designed for all abilities and not only will you gain strength, but you'll see improvements in your core, stability, balance and endurance.

Kickboxing – A fun, cardio intense upper and lower body workout focused on combining moves from karate and kickboxing. You are instructed on safe and efficient moves set to the rhythm of music. A great way to tone muscles, improve core stability and burn calories.

LesMills BodyAttack – A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness – guaranteed to make you want more!

LesMills BodyFlow – A fusion of Yoga, Tai Chi and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **FlowFlex** – A 30 minute version of Flow that just features the flexibility tracks.

LesMills BodyPump – A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

LesMills CXWorx – This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.

LesMills RPM – Take on the “terrain” with an inspiring coach who leads the pack through hills, flats, mountain peaks, speed work and interval training all the beat of awesome music. Discover your athlete within-sweat and burn to reach your endorphin high!

TRX – No matter who you are or what you're training for, TRX Suspension Training bodyweight exercise can help. With over 300+ exercises that build power, flexibility, core strength and endurance, TRX Suspension Training is the most versatile total-body workout on the planet. TRX is used for rehabilitation, triathlon training, by the military and for everyday fitness.

H.I.I.T. – A total body workout featuring high intensity intervals using the TRX, kettlebells, BOSUs and bodyweight movements. Class is designed for all abilities and not only will you gain strength, but you'll see improvements in your core, stability, balance and endurance. May include circuits, tabata and bootcamp style workouts.

Zumba – A fusion of Latin and international music and dance moves that create a dynamic, exciting and effective fitness program! Combine fast and slow rhythms that tone and sculpt your body while burning calories and having tons of fun!

Hatha Yoga – Focus on learning poses (asanas) and breath awareness (pranayama) that are central to most forms of yoga. Breathing with movement is emphasized. You'll be guided gently into each pose and introduced to the basics of yoga practice. The morning classes are great for beginners or to learn basic poses and breathing techniques of yoga, safely and effectively, before moving on to a more challenging yoga class. The **Hatha Flow** will be more rapid moving/flowing and great next step in your Hatha practice.

Sunrise Yoga – Gently begin your day with this practice that combines energizing poses, held longer to build both strength and flexibility while focusing on basic alignment and observing breath. A one hour align-and-flow style class designed to wake you up and get you powerfully flowing into the rest of your day.

Vinyasa Flow Yoga – In this class you will experience an energetic and playful flow (constant movement) of poses/postures which emphasizes the alignment of the body and the integration of breathing with the movements. You will gain core strength, flexibility, coordination, improved coordination, increased lung capacity, detoxification and enhanced mental clarity. **POWER FLOW** – Similar to Vinyasa but more focused on building strength with longer held poses.