

Sculpt Amp'd – 60 minutes – Muscle sculpting taken to a whole new level! You'll challenge your body with fun, unique strength and toning moves using hand weights, stability balls, body bars and tubes. The bonus comes in the form of a cardio peaks or intervals throughout the workout for added calorie and fat burn.

Aqua Fit - 60 minutes - A fun, energetic combination of cardio intervals with all over body toning and conditioning using water resistance with bands, noodles, balls and more. Great for all levels and all abilities! If you are ready for more of a challenge, this it's time to check out

Aqua Intense – 60 minutes – 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 – 60 minutes – 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!

BodyAttack – 60 minutes - 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!

BodyFlow – 60 minutes - A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.

BodyPump – 60 minutes - 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.

BodyStep – 60 minutes - The ultimate way to give your body a high energy cardio blast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer. The Tuesday 8:15 am class will be less intense and great opportunity for first timers to get accustomed to the moves, terms and FUN!

Body Blast – 60 minutes - A sculpting interval class that combines the use of hand weights, balls, bands and body bars for total body muscle work. Think you can't get an elevated heart rate in a sculpting class ... guess again! Sculpt your muscles and pump your heart in this class designed for all ages and abilities.

Butts n' Guts – 60 minutes - Sculpting and toning class focused on mid/core section and lower body (glutes, hamstrings and quads). A variety of equipment and exercises will be used to strengthen, tighten, tone and sculpt "problem" areas in a fun and motivating way! Moderate cardio intervals and an every changing routine will keep "the burn" worth it

Core Fusion – 45 minutes - A variety of equipment including the BOSU Balance Trainer, Medicine Ball, and Stability Ball will be used to create a non-impact class fusing a combination of balance, flexibility, and core strengthening exercises with a focus on the abdominals and lower body. Some pilates moves will be incorporated into this class.

H2O Challenge – 60 minutes – Love to get your cardio workout in the water, but want more strength work? Then this class is for you! This is a high intensity water interval class that combines water strength work and water running along with timed lap swimming. Compete against yourself or other class participants and be prepared to see results!

Kettlebell Bootcamp – 60 minutes – Gain a total body workout using cannonball-shaped iron "orbs" with handles to sculpt your body and torch calories all while have fun! An interval class that incorporates strength and stamina with bursts of cardio between coached kettlebell movements.

Kickboxing – 60 minutes - 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.

Core Complete – 60 minutes - If a lean, strong and toned midsection is what you desire, then come to this class! We focus on Pilates, core and strength moves to benefit both your abs and your lower back.

Core Complete Lite – 60 minutes - a slightly lower intense version; great for beginners!

Group Cycle/Sunrise Cycle – 60 minutes - Cycling focused on strength and stamina designed around music and choreographed "scenery" including hills, curves and long flat fast sections of road.

RoadFit Cycle – 60 minutes – Indoor training for the outdoor cyclist. Sport specific drills for endurance, power and speed which include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

RPM – 50 minutes – 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!

Total Body Conditioning – 60 minutes - A hi/low intensity cardio and sculpting class that gets your heart pumping with interval challenges that may include boot camp like moves, a treadmill or bikes with intervals of sculpting both upper and lower body using hand weights, bands, balls and body bars. Wake to the challenge and get your day and heart started with a total body workout!

TRX – 45 minutes – 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 every day fitness. Try it today!

Try-It – 60 minutes – Each month (usually the 1st Saturday) we will feature one class for members to "try" or to become more comfortable in. First 30 minutes are for teaching moves, demonstration, safety and technique with the last 30 minutes being taught as a class. Come and learn in a safe, instructional and fun manner. (Class featured will be posted in advance)

Yoga – See Yoga Schedule for class details

Zumba – 60 minutes - 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!