

BodyFlex: This total body strength training workout uses a plate loaded barbell to achieve maximum resistance benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

Bootcamp: A high-energy, metabolic boosting workout that combines cardiovascular intervals with body weight resistance training exercises. This class is NOT designed for beginning movers.

Dance Fit: This cardio class is guaranteed to make you want to shake your groove thing. R & B hits pave the way to this great dance based workout that is designed for all levels.

Indoor Cycle: Get ready for the ride of your life and kick your workouts into high gear! Each 30 minute session can burn 400+ calories! Guaranteed to make you sweat this 30 minute class is for all levels. Bikes are on first come first serve basis and limited to 10 members per class!

Cycle Roadtrip: add great visually imagery and take a ride on an open road, through the mountains and more!

Kickboxing: This class is designed for those who like a challenge, but can be modified for new movers. Get strong and burn calories through upper and lower body punching and kicking drills. A total body workout.

Pilates: Designed to strengthen from the inside out, this class will use the fit ball or basic mat exercises to develop the core musculature and promote efficient movement through corrective exercise. Based on the methods of Joseph Pilates, this class is designed for all levels.

Step: An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor. This class will teach the basic building blocks of step and is suitable for all levels. **Step & Flex** mixes 20 minutes of step class with 20 minutes of strength training for all levels.

TGIF Dance Party: Come get your groove on, this fitness party is designed for all levels and is a laid back, funky, booty shaking workout. Bring your own style!

Yoga/ Strx: Improve circulation, flexibility and energy through this foundational yoga class which combines relaxation with soft tissue lengthening and strengthening. Great for all levels!

Zumba: Come get your groove on. No experience necessary to shake your hips in this fun-filled class that get s your heart rate up through a fusion of latin, world and hip-hop dance moves. This class is for everyone!

Zumba Gold: Zumba designed with lower intensity modifications in mind. This class will have you shaking your hips but is specifically designed for low mobility movers and new exercisers.

Zumba Toning: This class incorporates light hand weights for optimal toning in a Zumba-based dance class! Appropriate for all levels, this class is a high energy party!