

Ab Lab: Designed to target your torso, working all aspects of the abs and back, sculpting your abs into shape. This 25 minute class will have your core feeling stronger than ever!

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 great total body workout combining body weight exercises with cardio and strength training. Designed to push participants with a workout guaranteed to boost your metabolism.

Butts and Guts!: This 30 minute class is a quick blast for the buns and core! Take a break from your busy work day for this guaranteed burn!

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.

Dance Party Instructional Class: Be prepared for the party on Friday with this instructional class. Dances/line dances are taught step by step for newcomers to the TGIF Dance Party.

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!

Kickboxing: Join in on this total body cardio workout! This class provides quick and powerful jabs and punches with explosive leg kicks of the lowerbody. This is an overall total body strengthening class with the advantage of improving cardiovascular fitness.

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.

Tabata 25: Feel the burn and waste no time in 25 minutes. Tabata is climbing the charts as one of the BEST fat burning workouts. Tabata has been scientifically proven to help decrease body fat and improve metabolism.

TreadStrong: Put a spin on indoor walking and running with this versatile circuit treadmill class. This class is structured around intervals on the treadmill combined with cardio and strength training exercises off the treadmill. This class is designed for all levels of fitness.

Tai Chi: Tai chi, which originated in China as a martial art, is often described as “meditation in motion”. Tai Chi consists of low-impact, slow motion, exercises and can be easily adapted for anyone. It also has value in treating or preventing many health problems

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!

Triple”X” Bootcamp – This XTREME bootcamp class is a great total body workout that includes a combination of strength training and cardio. This class is not designed for beginners.

Sunrise Yoga: Enjoy our early morning Yoga class to create a more peaceful, calm, and grounded day. Early morning Yoga may also boost your metabolism!

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