

Fitness Class Descriptions

Stretch/Recovery Classes

Yoga: Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

Mat Pilates: Increase core strength, improve posture, flexibility; and mobility. No past class experience needed.

BODYFLOW™: Les Mills – Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

30 Minute FlexFlow stretch: A basic stretch class focusing on increasing flexibility, mobility and aiding in preventing injury. Plus it feels great!

Cardio/Strength Classes

BODYPUMP™: Les Mills - This is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

HIIT: High-Intensity Interval Training is an intense workout that alternates between short bursts of high-intensity exercise and low-impact recovery periods. The class includes various movements such as sprinting, jumping jacks, burpees, plus squats and lunges. Typically, exercises are performed in circuits with brief rest periods in between. HIIT is a challenging and efficient workout that improves cardiovascular endurance, strength and burns calories in a short amount of time.

BODYCOMBAT™: Les Mills – This is a high-energy martial arts-inspired workout that is totally non-combat. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Power 30: This dynamic 30 minute class is packed with diverse workout options ranging from high intensity interval training (HIIT) to weightlifting and circuit exercises.

Cycling: The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid cyclists. It's a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

SOULfusion: A creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

SOULstrength: A total body workout using rhythmic resistance, cardio conditioning, mobility training and core exercise. It's strength training to the beat of the music.

BarreFusion: A ballet, Pilates, yoga inspired workout focusing on defining, tightening and aligning the body. With added short burst of cardio and light weights, it's a perfect workout for all ages and levels.

Zumba: Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

Zumba Toning: Same fun dance as above, with light weights for an added element for toning.

Pickle ball Workshop: A paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.

Power Sculpt: This multi-level class is a full body strength training and cardio burst. Using a variety of equipment these exercises will increase strength, muscular and cardiovascular endurance.

Beginner/Active Older Adult Classes

Strength & Balance: Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.

Dealers Choice Saturday's at 8am and 9am

This class has rotating instructors with a different format each week.