

Class Descriptions

Form Fit: Weights Intensive Class designed to build muscular strength & focuses on good form.

Strength & Grace: Learn how to train the core for improved overall balance. This class tones and shapes the body while engaging the core.

Cycling: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drill exercises. All levels are welcome. Remember to bring a towel and water bottle!

Zumba: Internationally known Latin Dance based cardio workout that will leave you begging for “Uno Mas!”

Kickboxing: Come jab, kick, and punch your way into fitness.

Circuit Training: Complete body workout to develop your stamina. Strengthen and tone the entire body.

Final Cut: You will be challenged! A powerful way to strength train. We will challenge all major muscle groups with the best weight room moves.

The Body Shop: This class tones and shapes the body while engaging the core.

PiYo: Fun, challenging class designed to build Strength, Balance & Flexibility. The moves fit perfectly together to form a class full of energy, power and rhythm.

Tai Chi: Tai Chi is an ancient technique from the orient and has been known to stimulate your mind, joints and muscles. All levels and ages are welcome.

YOGA: This vinyasa yoga class is ideal for all levels. Poses flow from one to the next combined with breath work in sequence, geared to the attendees and taking limitations into consideration.

R.I.P.P.E.D: A full body workout incorporating cardio and weight sections to hit every muscle group. Filled with HIIT style sports drills, kickboxing, full upper and lower body weight lifting and finishes off with abs! You’ll see improved endurance, strength, and coordination after taking this class!

H.I.I.T/ Ab & Core: This two part class consists of 30 minutes of high intensity interval training and 30 minutes of focused core work.

Fusion: This two part, hour long, class fuses a workout designed to challenge your cardiovascular fitness and muscular endurance with a 30 minute Strength & Grace class for a great all around workout. Come sweat...leave satisfied.

POUND: POUND® is the world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

TOTAL BODY CARDIO: This full-body interval training class is designed to get your heart pumping! Focusing on plyometric moves mixed with strength, power, resistance, and core intervals, this class is designed to push your limitations and take you to the next level. Modifications available for all levels. “Let’s dig deep and reach our goals together!”-Lindsey