Abs, Butts & Guts
Target the tough spots with an exercise class focused exclusively on strengthening and conditioning the glutes, legs & core.

Boot Camp
Consisting of whole-body, compound exercises, this class allows for little rest time in order to maximize calorie burn & increase metabolic rate.

Cardio Barre
Cardio barre combines ballet barre exercises (without the barre), light weights and resistance bands to help tighten and tone the body. Along with a consistent focus on improving balance, its series of exercises target the legs, buttocks, arms and torso.

Cardio Boot Camp
This intense boot camp-inspired classes focuses more on cardiovascular drills rather than strength-based exercises.

Cardio Kickboxing
A challenging cardiovascular workout that combines punches, kicks, and bodyweight exercises for a great full-body workout.

Cardio Sculpt
This workout alternates cardiovascular intervals with muscle strengthening exercises. A variety of equipment will be utilized, and all levels are welcome.

Circuit City
Heart-pumping cardio drills that increase speed, agility and endurance along with full-body muscle conditioning.

Core & More
This class combines cardio with a challenging abdominal workout.

Get Fit, Don’t Quit
This full-body workout will get your heart pumping and muscles burning in just 30 minutes!

HIIT
High intensity interval training consists of alternating quick, intense exercises with slower, low impact exercises to shock the body.

Interval Training
A combination of high and low intensity exercises which creates an effective and efficient workout.

Kettlebells/TRX
This fusion class mixes kettlebell exercises with other modalities including TRX straps. Great for increasing strength, conditioning, mobility, stability and balance.

Pilates
A core training class that focuses on exercises linked to breathing. You will sculpt muscles of the trunk and hips for greater strength, balance and stability.

Piloxing
Piloxing incorporates boxing, dance and standing pilates principles. The combination of these components creates a sense of mental and physical balance.

Splash & Burn
This class consists of lap swimming, treading water, circuits & dry land bodyweight exercises. You will use kickboards, water weights & flippers. All participants must be able to swim 4 laps without stopping.

Strength & Sweat
This classes utilizes high intensity interval training and constant core exercises.

Tabata
This interval training class consists of completing one exercise for 20 seconds followed by a 10-second rest. That pattern is then repeated 8 times for a total of 4 minutes.

Yoga
This mind/body class focuses on movements and postures that enhance flexibility, strength and balance while simultaneously concentrating on breathing and promoting relaxation.

Zumba
Join the dance party! This total-body cardio workout introduces you to Latin-inspired music and dance moves.