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 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
Get a quick and effective core workout in 30 minutes.

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

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.

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.