



CLASS DESCRIPTIONS:

Balance & Flow: Focus is on balance, breath work, enhancing joint mobility, strength and flexibility.

Barre: A fusion of ballet, yoga & Pilates movements.

Boot Camp/Circuit: Cardio, combined with strength training elements to sculpt muscle and build strength.

Cardio-Kick: Low-Impact incorporating boxing and martial arts moves.

Cardio-Sculpt: Traditional cardio training with body sculpting using weights.

Chair Yoga: Stretch, Meditate and learn the basics of yoga while seated in a chair.

Drum Fit: Combining Cardio and drumming to foster a healthy balance mentally, emotionally and socially.

Functional Fitness: Coached based class—focusing on cardio & strength moves utilizing compound moves.

Functional Stretch: Stretching through a full range of motion making daily activities easier.

Gentle Yoga: Restore and reset. Perfect for beginners and advanced alike. It encourages us to be gentle with ourselves and our bodies.

H I I T: High Intensity Interval Training, combining cardio and strength training moves.

Meditation: A healing practice that allows us to experience inner calm and deep relaxation.

Pilates/Core: Emphasizes proper postural alignment, strength & muscle balance.

Power Flow Yoga: Creating alignment, linking breath from one movement to another.

Slow Burn: A fat burning combo of low impact with weights and balance moves.

Smooth Moves: Exercise for those with limited mobility.

Smooth Weights: Intro to strength class, basic dumbbell exercises and balance work.

Step & Sculpt: Cardio and strength workout. Creative and dynamic moves are incorporated to ensure a great calorie burn session.

Strength: Full body workout with dumbbells.

Tabata: Set Timed Intervals & Rest for a variety of Exercises.

Tai Chi: A series of movements performed in a slow, focused manner and accompanied by deep breathing.

T B W: Total Body Workout, a well rounded workout including cardio, strength and stretch.

Wheels & Steel: 25 minutes of Cycle. 25 mins of strength.

Yoga: Unify the body, mind and spirit through movement, breath work and relaxation.

Zumba: High energy dance class with a Latin flair.

Zumba Gold: A modified class that recreates the original moves you love at a lower-intensity

Zumba Toning: Combines body-sculpting exercises and high-energy cardio work infused with Zumba moves.