

Body Sculpting: Class is designed to efficiently and effectively work all major muscle groups, utilizing weights, bands, stability balls and medicine balls. There is NO cardio work done and a proper cardio warm-up is recommended before coming to class. Join us in this energy boosting workout.

Body Toning Plus: Cross train with a new energetic format that focuses on your whole body with strength training drills. Class ends with abs and stretches.

***Boot Camp:** Improve your physical well-being and self-confidence in a team environment. The workouts will firm and tone up your body, reduce body fat and inches, increase strength, endurance, and energy.

Calorie Killer: It is a combination of weights, step drills, med-balls, and squats, broken up by bursts of high intensity cardio. Guys, this class is for you too!

Intervals: Cardio conditioning and resistance work all in one. This one hour class, adaptable for all levels, may utilize the step, weights, resistance bands and the jump rope to achieve a full body workout.

Kickboxing: A high intensity kickboxing class with punching and kicking series. Abdominal toning & muscle sculpting, along with stretching at the end of the class, provide a full body, well balanced workout.

Latin Dancercise: Starts with a stretching warm-up and gradually builds energy to the tempo of the Latin music, ending with a complete “dance experience”. High-energy, low impact workout - FUN for everyone.

Low Impact: Perfect class for our active seniors. A great cardiovascular activity with a minimum amount of impact along with some resistance training.

Pilates Class: Pilates strengthen and tone muscle, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

Step N Tone: Beginner friendly 40 minutes of stepping followed by 20 minutes of toning and a cool down stretch. Great for beginners to intermediate students!

Strength Training: Muscle conditioning class focusing on toning your muscles by using free weights and resistance bands, increasing your metabolism.

Stretching for Health: A fun and exciting class focusing on stretching exercises that will be beneficial to each individual. These flexibility exercises will allow you to perform functional everyday activities.

***Hatha Yoga Flow:** Hatha Yoga Flow links the postures practiced in a regular Hatha class into a sequence of movements that “flow” with the breath in a more vigorous series to create a strong cardiovascular workout.

***Prenatal Yoga:** Prenatal Yoga provides a gentle, safe practice for pregnant women. Connect with other mothers-to-be in a supportive environment.

Yoga: Learn to relax mind and body and in the process release tension and stress in your daily life while increasing flexibility.