

Aquaerobics: This high-energy, low-impact class is a total body workout using water as resistance. Our heated pool is where you can strengthen muscles, burn calories, and stabilize joints no matter your current age or level of fitness!

Barre: This class combines the core conditioning of Pilates with the flexibility of Yoga while increasing stability by using isometric exercises.

Circuit Training: This class develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations. Members rotate through stations using weights, bosu balls, kettlebells, battle ropes, exercise bands, penalty boxes, etc.

Core + More: Strengthen your abs, back, glutes and more in a challenging 45-minute workout focusing on your core muscles

Cycling: Done in our dedicated studio, this class uses various types of music, tempo, and tension to create an energetic atmosphere while riding a state-of-the-art Keiser bike.

Cycling For Endurance: Participants will cycle in Zone 2 to burn fat and build cardiovascular health. This is an uptempo class aimed at maintaining your heart rate from 120 BPM to 130 BPM. You'll be training your body to burn fat and find it beats slower at rest. Come train like Jonas Vinggaard and Tadjé Pogacar in ZONE TWO.

Interval Training: An interval class that mixes calisthenics and bodyweight movements with cardio and strength training for maximum calorie burn in the shortest amount of time.

Low Impact Training: A cardio and muscle endurance class designed to get your heart rate up slowly and cause less pressure on your joints. This class will utilize lighter weights and appeal to all ages and levels.

Muscle Mix: A full muscle and strength training class using barbells, dumbbells, and body weights to hit each muscle group.

Tabata Tuesday: A mix of movement utilizing the steps and weights including dumbbells and barbells. It includes intense bursts of cardio and weights for 20 seconds with a 10-second rest. It is an excellent full-body workout that offers a great cardio and muscle workout mix.

HIIT: This high-intensity class is structured around timed workout intervals. The goal is to accomplish a full-body workout within an energetic atmosphere that builds both strength and endurance.

Strength- Build muscle in this class! This 55-minute class will focus on making you stronger. You will use dumbbells, bands, and body weight to get a total body muscle workout.

Power Hour: This class provides a challenging full-body workout that will focus on building muscular strength and cardiovascular endurance.

Turn and Burn: Turn and Burn is a 60-minute class broken into two parts. Starting with a 40-minute calorie-torching spin class and then finishing with 20 minutes of upper body sculpting off the bike, using light and medium weights.

Yoga Flow: Low-impact Hatha Yoga utilizes a variety of poses and relaxation techniques to build flexibility, strength, and balance.

Yoga Express: This class will lead you through a Vinyasa yoga sequence focused on the opening of the hips, quads, and hamstrings, while also providing poses to strengthen your core and improve your balance. This class is a great complement to any endurance program and is also perfect for anyone looking to gain more flexibility and mobility in their body. All levels and experiences are welcome.

Zumba Fusion: This class will be a high-energy combo class. The first half will consist of warm-up, low impact/cardio/zumba moves. The second half will be toning/sculpting using free weights and/or stability balls.