

Aquaerobics: This high-energy, low-impact class is a total-body workout using water as resistance. Our heated pool allows you to 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 uptempo class aims to maintain your heart rate from 120 BPM to 130 BPM. You'll train your body to burn fat and find it beats slower at rest. Come train like Jonas Vinggaard and Tadej 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.

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.

Pilates: This workout blends high-intensity intervals with core-strengthening Pilates, perfect for all fitness levels. This class takes place in a heated (warm) room.

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.