

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, exercise bands, penalty boxes, steps, stability balls, etc.

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.

Forever Fit: Similar to the Low Impact Training class but geared towards our more Senior population.

Interval Training: An interval class that mixes calisthenics and bodyweight movements with cardio and weight 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.

Pilates (Mat/Sculpt): **Sculpt** adds in light weights with lengthened intervals to a traditional Mat Pilates. Classes are perfect for all fitness levels. These classes all take place in a heated (warm) room.

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

Strength: Build muscle in this class! This 45-minute class will focus on making you stronger. You will use dumbbells, bands, and body weight to get a total body muscle workout.

Total Body Conditioning: Strengthen your abs, back, glutes, and more in a challenging 45-minute workout focusing on your whole body!

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