



AQUA BODY CONDITIONING- A low-impact water aerobics conditioning class for those beginning water aerobics or for those looking for a cardio class that is easy on the joints. Great for any fitness level!

AQUA FIT CAMP- Aqua aerobics held in both shallow and deep water using both resistance and strength training. Everyone is welcome!

BODY PUMP- Burn over 600 calories in one hour with this upbeat, intense, total body workout which utilizes a barbell to change your total body! Be brave and finish strong! KIA KAHHA!!

BOOT CAMP-Burn

CBF- A one hour class working on Core, Balance, and Flexibility

CARDIO EXPLOSION- A one hour cardio class combining punches and kicks at a high intensity. This class can be easily modified to fit any fitness level. A great way to burn calories and have fun!

CIRCUIT TRAINING- This class will challenge everyone from beginner to advanced abilities through the use of cardio bursts mixed with weights and plyometric exercises.

CYCLING- An intense hour of cycle with a combination of climbs, sprints and hovers. Class members can adjust their own resistance level with increased or decreased intensity.

LUNCH CRUNCH- A 30-minute class focusing on core abdominal strength.

MEGA MIX DANCE OFF- Is it a workout or a party? You have to come to see! Dance away calories to a variety of music ranging from hip-hop, Latin, oldies, and everything in between.

PILATES SCULPT; a mind/body class that combines Pilates, Yoga, strength conditioning, flexibility, and dynamic balance. This intense, low impact class is ideal for everyone at all skill levels.

POWER HATHA- Experience a series of poses designed to slowly warm and evenly work every muscle group in your body. This energetic workout offers basic challenges that can be mastered by those new to Yoga and modifications that are sure to challenge the most devote fitness enthusiast.

STEP AND CORE – A step class varying in intensity to get your heart rate up and keep it at a steady pace for 40 minutes followed by core strengthening exercises to finish the hour.

TURBO KICK-a combination of intense kickboxing moves, as well as basic dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

ZUMBA- "Ditch the workout and join the Party!" Burn over 500 calories with a fusion of Latin and International music that creates a dynamic, exciting, and effective aerobic fitness system. Fitness begins at any fitness level.

ZUMBATONIC- Let your kids join the Zumba dance craze with a 30 minute class designed just for kids.