

Group Fitness Classes

Absolutely – Combination of standing and floor ab work

BLT – Total focus on the lower body using bands, dumbbells, balls and body bars.

Boot Camp – This is an interval class that is meant to challenge and improve cardiovascular fitness, strength, balance and coordination. A great start to your morning, no matter what your fitness level!

Bounce – This cardio workout features the use of an unstable surface. The BOSU challenges balance and stability in multiple directions.

Cardio Craze – A class which incorporates high and low impact aerobics to give you a well-rounded and challenging workout.

Chisel – Using weights and calisthenics to sculpt and shape muscles.

Circuit Training – Burn calories as you zip through stations of different fitness equipment.

Core – Challenge the core muscles of your abs and back in this intense and dynamic workout.

Foam Roll – This is a great way to increase function, flexibility, performance, and reduce injury. By using a foam roller and your own body weight you can roll and massage away restrictions getting back to normal soft-tissue extensibility.

Heavy Ball – Safe and effective pre-weighted medicine balls are used for intense and dynamic sculpting. Strengthen abs, glutes and lower back.

Hydro Training – Experience a change of pace in this water workout. This class incorporates a combination of weight lifting and cardio in the pool.

Pilates – Work to strengthen your muscles that support your spine (the neck, shoulders, abs, hips, and thighs) to bring balance into the body.

Spinning – A workout that incorporates several effective fitness tools, including intervals, heart rate training, endurance training, hill training and more. Whatever the theme of the class, you're in charge. Since the rider controls the bike's resistance level, every cycling class is made for all fitness abilities.

Stability Ball – This moderate to advanced level class uses a large stability ball and focuses on balance, core strength, and sculpting for both the upper and lower body.

Straight Up Strength – Just hard work that will push you to the max! A great freeweight workout that challenges your entire body.

Tread and Shed – Experience the benefits of this cardiovascular class taught on the treadmill. This class utilizes sprints and slow walks with varying speeds and ramp heights.

Trippin – This is a hard-core, no-nonsense, fat-burning workout. Jump rope your way to a leaner, meaner physique with intervals of lunges, squats, pushups and abdominal work.

Turbokick – This is the hottest kickboxing class around. It combines athletic moves, sports drills, hip hop flavor and so much more with traditional kickboxing for a complete workout.

Upper Cut – 30 minutes of total upper body shaping and sculpting.

Workout Wonder – This class is strictly instructors choice.

Yoga – Yoga postures known as asanas are dynamically flowed together to strengthen, stretch and relax.

Yoga Fusion – A blend of both yoga and pilates.