



AB LAB: 15 minute focus- all core and abdominal work. All fitness levels welcome.

AQUA FUSION: Water exercise is more than just swimming! Aqua Fusion offers an exciting alternative to dry land fitness classes while providing a great cardiovascular workout that is soft on the joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, range of motion and circulation. Great for ages 12 and up and open to all fitness levels.

AQUA ZUMBA: Make a splash and join us in this low-impact, high-energy aqua fitness exercise class! The natural resistance that water creates makes every choreographed step more challenging and helps tone the muscles.

BAC BURN: BOOTY, ARMS, & CORE (BAC) oh my! This class blends BARRE, PILATES, YOGA, and STRENGTH in one 55-minute trainer led class! Get "BAC" into the shape you want by creating a solid foundation. All levels welcome.

BALANCE & STRENGTH: Designed to help you maintain your balance and confidence at any age! This is a low impact class and moderately paced, designed for active mature adults and deconditioned individuals.

BARRE BURN: Blends the sculpting exercises of Barre that lengthens and strengthens muscles of the glutes, legs, core and arms with energetic, non-impact cardio movements for cardio vascular health.

BEGINNING CYCLE: New to cycling? Need a refresher? Or, just looking for an enjoyable ride? This 55-minute class begins with 15-20 minutes of set-up and general instruction, followed by a 40-minute ride. The ride will take you through a variety of "terrain" and simple drills, emphasizing good form while having fun. Come ready to learn and get comfortable on the bike!

BODYFLOW®: A yoga-based class where you will bend and stretch through a series of simple yoga moves while also embracing elements of Tai Chi and Pilates. Breath control is a part of all of the exercises and instructors will always provide options for those just getting started.

BODYPUMP™: This is a class for anyone looking to get lean, toned and fit- fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout in less than an hour! All fitness levels welcome.

BODY SHAPE: A full body workout that combines aerobics and muscular conditioning using a step bench, free weights, body bars and tube bands. This class involves less jumping than its counterpart class Cardio Sculpt with a focus on developing muscular and cardiovascular strength.

BOOTY BARRE BURN: Dance experience and gracefulness is definitely not required! In this fitness class, you will be focusing on more than just your booty- workouts consist of a dynamic warmup and upper body workout followed by 30 minutes at the barre working in different planes with cardio blasts to keep your heart rate elevated. The class will conclude with Pilates inspired ab and back work.

CARDIO EXTREME: Come join us in this fast-paced class incorporating step, plyometrics, drills and speed work for an intense cardio and endurance workout!

CARDIO HIIT: High Intensity Interval Training alternates between high-intensity and low-intensity exercises. This class will improve your cardio ability along with strengthen all muscles to increase endurance while using steps, bosu balls, bands, and free weights.

CARDIO KICKBOXING: Trying to find a new workout? This class will teach you the basic kickboxing techniques and skills- including leg work, core, shadow boxing along with bag work.

CARDIO SCULPT: A full-body workout that combines aerobics and muscular conditioning using a step bench, free weights, body bars and tube bands. This class focuses on muscular development while also increasing your physical and cardiovascular strength.

CIRCUIT TRAINING: Circuit training will focus on proper form, balance, strength along with building endurance for functional movements. A variety of equipment is used- open to all fitness levels!

20/20/20: Class will begin with 20 minutes of Cardio, followed by 20 minutes of strength conditioning, ending with 20 minutes of Core and Stretching.

CYCLE: An indoor cycling class set to motivating music using a weighted flywheel and gears, allowing you to modify the intensity of your workout. Open to all fitness levels. Climb hills, build strength and endurance and sprint yourself to a stronger and fitter you!

CYCLE/BOOTCAMP: Meet in the cycle studio for a fun 30 minute ride and then the last 30 minutes of class is held in the Athletic Training Room- set up for timed drills using med balls, battle ropes, TRX, free weights, ect. Note; bring athletic shoes for the last 30 minutes of class.

CYCLE/SCULPT: This is a great combination of cardio and strength to add to your work-out! Starting on the bike for 12 minute intervals followed by 12 minute strength intervals on the basketball court.

CYCLE/TRX: A 30 minute ride on the bike followed by 30 minutes of TRX

DANCING AT THE BARRE: Transform your body and your mind in this dance fitness, barre-infused class. Like any true ballet class, this class begins at the barre. Light props are often used to warmup, strengthen and condition your entire body before you glide across the center of the studio as you are led in a choreographed dance. Achieve better posture, flexibility and stamina in this dance fitness-focused barre class. No dance experience required.

FAMILY CYCLE: The family that cycles together thrives together! This class is designed as a beginner level and kids are welcome to join in (note: the child must be able to reach the pedals and maintain proper form on the bike). We have a height chart in the studio so you can be sure your kid is ready. Kids or not, come enjoy the ride!

FITNESS BASICS: A safe and effective class including strength training, balance and flexibility. Ideal for the beginning exerciser and active mature adults.

GENTLE YOGA: A gently-paced and restorative class that focuses on breathing, posture, flexibility, strength and balance. All fitness levels welcome.

HIIT BLAST: An advanced high intensity interval training based workout. Use every muscle in your body with challenging yourself through timed drills using-body weight, plyometrics, and athletic movements!

HIIT CARDIO: GET FIT BY HITT! Total body workout using HIIT method (high intensity interval training). Alternating cardio with core and stability work as active recovery you will be challenged from start to finish. Be prepared to test your limits, get sweaty, strengthen your heart, and burn lots of calories!

IYENGAR YOGA: A form of Hatha Yoga that places an emphasis on precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas with the help of props such as belts, blocks and blankets.

IYENGAR YOGA FLOW: AS ABOVE but with a little more FLOW!

KICKBOXING CIRCUIT: Timed kickboxing cardio/strength drills set up in a circuit format that allows you to work out at your own pace while keeping yourself challenged, maintaining strong form all while breaking a sweat!

MEDITATIVE YOGA: Learn how to quiet your mind, relax and embrace the beauty of silence as you sync your body and mind together. With the use of props like yoga belts and blocks to encourage proper alignment and reduce risk of pain or injury, you will be led beyond the postures of iyengar yoga to the yoga of meditation. All levels welcome.

MELT: Improve your body's ability to repair and balance itself with the use of soft foam rollers and balls. The MELT Method is a class that guides you through self-treatment techniques designed to restore the balance of the nervous system and help maintain healthy connective tissue. All levels welcome.

MAT PILATES: This classic Pilates format will challenge your core stabilizer muscles while simultaneously toning and lengthening the body. All levels are welcome!

POP PILATES: This new format is for those looking for a bit of spice and fun in their Pilates workout. We'll be on a mat rocking out to Top 40 hits while sweating and sculpting a strong core! All levels welcome!

POWER MAT PILATES: This Pilates class is designed to take your core strength, endurance and flexibility to the next level! Expect a challenging, core-intensive workout.

REFIT/DANCE FITNESS: REFIT is a fun dance fitness class with easy to follow choreographed routines designed for toning, balance, and flexibility.

RUN BAC RUN! Trainer Mike will lead you on an outdoor run rain or shine! Expect to run 3-6 miles and end in the basketball court for stretching. All levels welcome and modifications will be made for everyone!

SPORTS & CONDITIONING FOR KIDS: This is a structured, trainer-led fitness class designed for kids who want to improve their strength, agility and conditioning in both their sports training development and in their daily lives. Each class will be planned out in a specific sequence with measurable goals so that kids will be able to see themselves grow and improve!

SUNRISE YOGA: Begin your day refreshed with an early morning Basic Yoga Class!

TAI CHI: Reduce stress while improving your balance and coordination with this Chinese martial art. Often described as meditation in motion, tai chi promotes serenity through gentle flowing movement.

THIRTY 2 BURN: A fun express High Intensity Training Technique- A short 5 minute warm-up, and then an all out effort for 2-minutes of cardio/strength drills (using a variety of equipment) followed by a 15 second recovery. This type of workout is effective in keeping your heart rate up and burns calories in less time!

TOTAL BODY CONDITIONING: We want to keep you guessing-and challenge you differently in every class! This class is designed to improve your overall fitness- strength, cardio, flexibility, and endurance!

TRX CIRCUIT: Designed in stations, this class is a blend of TRX suspension training involving core stabilization exercises and full-body workouts comprised of reactive stability training led by a personal trainer in a smaller group setting. Exercises involve using your own body weight from different angles to engage more muscle groups at the same time.

VINYASA FLOW: Looking for the yoga class to get energized while helping you build strength and flexibility? This upbeat, creative yoga practice, seamlessly linking breath and movement, will keep you present as you learn to move gracefully in and out of poses.

WALK AND STRENGTH CIRCUITS: Walk indoors while incorporating strength and flexibility as you work your way through the designated circuits. Meet your instructor in the Basketball Court for the warm up. This class will be different every time, low impact, trainer led, and fun!

VINYASA FLOW: Set your energy right from the start of your day with this Yin Yoga and Vinyasa blended class. Expect to coordinate movements with breath (Vinyasa) while increasing mobility in your joints and hips and targeting the deep connective tissue of the body (Yin Yoga).

YIN/YANG YOGA: Practice balance and strength at a slow pace, focusing on breathing while holding poses to target connective tissue and muscle engagement. Yin Yang Yoga combines energies to improve fitness while promoting healing and relaxation.

YOGA BASICS: Learn basic yoga poses, technique and alignment while improving your balance, flexibility and strength. All fitness levels welcome.

YOGA FLOW: A Vinyasa-style yoga class meaning a "breath-synchronized movement" which moves you through the power of inhaling and exhaling. In this class you will be led to flow through the yoga poses with strength and grace.

YOGA FORCE: Refine your body composition, improve your strength and build your endurance in this Vinyasa style class done with small hand weights. You'll get a total body workout in this non-stop flow class that involves cardio, yoga and weight-lifting all in one hour.

YOUTH RUNNING CLUB: Ages 10-17. The class consists of developing young athletes for Long term athletic development. Working on resistance, agility, endurance, coordination, sprinting, and balance skills. Running is fifty percent of each class for those wanting to get ahead of the cross country and Track season.

ZUMBA KIDS: Perfect for our younger Zumba fans! Children ages 6 and up get the chance to be active and jam out to their favorite music! Children younger than 12 years must be accompanied by a parent in the class to participate.

ZUMBA TONING: Perfect for those who want to “party” while toning and sculpting their muscles. The challenge of adding resistance by using toning sticks or light hand weights helps you focus on specific muscle groups so that you and your muscles stay engaged! Great for all fitness levels.

ZUMBA: A total-body workout disguised as dance fitness. This aerobic fitness program features movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music.

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