

Studio I: Aerobics

-Abs and Arms: Intense 45 minutes alternating upper body and core strength moves for a quick and effective workout!

-Barre and Body Sculpt: A total body sculpting class, using Pilates, dance and a variety of strength training techniques. Targets all major muscle groups for an entire body workout.

-Basic Training: A full body workout utilizing a variety of equipment to challenge all major muscle groups.

-Build That Body: Dynamic full body conditioning, incorporating strength and endurance using heavy & light weights. Different class each week which will include full body, multi-joint, tri-planar movements with active joint recovery.

-Butts & Gutts: 60 minutes of fun music while isolating your core and whole lower body, sculpting, and firming each area. This class is for all fitness levels

-Cardio and Weights: Class designed to work all major muscle groups with cardio intervals to challenge your workout.

-High Octane Conditioning: An all level, muscle conditioning class utilizing weights, medicine balls, steppers, bars and mats. This is a high intensity, whole body workout.

-Muscle Conditioning: This challenging class uses a variety of resistance equipment and powerful yoga technique to sculpt and strengthen. A great cardiovascular workout as well!

- Slowburn Yoga: This class is an inward journey, articulating breath and posture in such a way that students begin to explore feeling postures, rather than seeing poses. From the slow progressive sequences, to the longer holding postures, the entire body and mind are brought into balance in this focused yet calming class.

-Yoga Fusion/Power Yoga: A class designed to improve core strength, flexibility and stability using yoga based core exercises and progressive ab challenges. Towel and water required.

-Zumba/Club Zumba: Easy-to-follow Latin dance steps combine with principles of fitness interval training and resistance training to maximize caloric output, fat burning, and full body toning. Dance your way to fitness and have fun doing it!

-Zumba Toning: Zumba Toning takes Zumba to a whole new level! The second half of the class combines Zumba combined with body sculpting exercises with the use of light weights to really pump up your calorie burn.

Studio II: Spinning

-Endurance Ride: 60 Minutes of fat-burning, riding at the top of your aerobic range with nonstop flow of flats, jumps and climbs.

-Ride Extreme: An all-out group ride that will challenge any rider. You will do intervals, tabata's, and push yourself hard!

-Spin Challenge: Challenge yourself to stay below threshold as you walk, run, jump and climb. Cadence and heart rate RULE!

-Spin IT/Spin 45: This indoor cycling class challenges you to ride with the rhythm of powerful music, an inspiring instructor leads you through hills, flats, mountain peaks, time trials, endurance and interval training. It's guaranteed to make you sweat!

Studio III: Kickboxing & TRX

-Animal Flow: Animal Flow® is an innovative fitness program that combines quadrupedal and ground-based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement.

-Boxing Boot Camp/Glow Box: Cardio kickboxing combined with military calisthenics. This class will shape and tone your entire body! Learn to master the fundamentals of kickboxing punches, kicks and combinations.

-Full Throttle 50: This class is a cardio circuit class not for the weak!! It will combine weights with cardio intervals!

-High Octane Conditioning: An all level, muscle conditioning class utilizing weights, medicine balls, steppers, bars and mats. This is a high intensity, whole body workout.

-TRX Boot Camp/TRX 45: Suspension based strength training with cardio bursts, while improving core strength! This class is for all fitness levels.

-Booty, Balance & Stretch: Lower body blast! Build strength /endurance and balance while training glutes, hips and thighs, and promote active range of motion, and flexibility. TRX, body weight, gliding discs, light weights, and mat work included.

-Tread and Shred: Tread and shred uses small weight and body weight based strength training along with intense cardio work utilizing treadmills, short steppers, airdyne bikes and more to achieve a workout like no other. This class is for all levels but is not for quitters, come prepared to work!

-Core and More: Want a stronger core? This 45 minute class is designed to work your entire core. We will also focus on the transverse, obliques, and rectus abdominus as well as one other muscle group each week to get you targeted results.

