

BARRE

This low impact, high intensity class pulls elements of ballet for a strength focused workout.

Balance:



Tone/Sculpt:



BOOT CAMP

This high-intensity class uses exercises and drills to push you to the next fitness level.

Cardio:



Balance:



Tone/Sculpt:



B.Y.O.B.

Bring Your Own Band description coming soon!

CARDIO BARRE

Cardio Barre offers a series of fast-paced Ballet moves to elevate your heart rate and focuses on strengthening your lower body.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CARDIO BOX

Description coming soon!

CARDIO JAM

Cardio Jam provides an aerobic workout through high-paced dance moves.

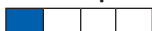
Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance:



CARDIO PUMP

Give yourself a full-body workout with Cardio Pump! This class provides a combination of aerobic and strengthening exercises.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CONDITIONING & CORE

Conditioning & Core combines strength exercises and core work to strengthen and tone the whole body.

Balance:



Tone/Sculpt:



CYCLE

Using stationary cycles, this is a low-impact exercise that improves aerobic conditioning, core strength, and balance.

Cardio:



Balance:



Tone/Sculpt:



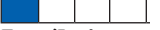
DANCE FITNESS

Dance Fitness provides a cardiovascular workout that includes fun moves of dancing and requires no dance experience.

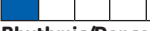
Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



HIIT

High Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods.

Cardio:



Balance:



Tone/Sculpt:



LOW-IMPACT

Low-Impact is a combination of aerobic and strengthening exercises without impact.

Cardio:



Balance:



Tone/Sculpt:



MIX IT

Mix It offers a variety of formats each week to improve muscular strength, conditioning, core and flexibility.

Cardio:



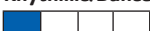
Balance:



Tone/Sculpt:



Rhythmic/Dance



PILATES

Participants will utilize a series of movements that strengthen and support core muscles.

Balance:



Tone/Sculpt:



PUMP-IT

This class uses added resistance and body bars to improve muscle strength.

Cardio:



Balance:



Tone/Sculpt:



P90X

P90X combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics and martial arts.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



STEP & SCULPT

Enjoy a challenging workout with high-energy step movements using the whole platform to keep you moving with added sculpting.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



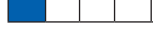
STRETCH

Stretch offers a combination of exercises to lengthen and improve joint flexibility.

Balance:



Tone/Sculpt:



STRETCH AND STRENGTH

This class is designed to gently increase the range of motion of joints and strengthen supporting muscles.

Balance:



Tone/Sculpt:



TOTAL BODY WORKOUT

This workout offers a combination of aerobic, strengthening and flexibility exercises.

Cardio:



Balance:



Tone/Sculpt:



TOTALLY CORE

Totally Core focuses on your core while building strength, endurance and flexibility.

YOGA

Yoga participants will strengthen and lengthen muscles through physical poses, stretches, controlled breathing and meditation.

Balance:



Tone/Sculpt:



YOGILATES

This class combines the stretching of Yoga with the dynamic strengthening of Pilates.

Balance:



Tone/Sculpt:

