

STRENGTH / RESISTANCE TRAINING / CARDIO	
CARDIO CORE (40M)	A high intensity cardiovascular workout combined with the toning and strengthening of your abdominal muscles. This class was designed to give you the best of both worlds.
CSX (40m)	Cardio Strength Xross. Cardio combined with strength training is the best way to burn calories while maintaining lean body mass. You can achieve your fitness goals by boosting metabolism and improving the health of your heart and lungs.
HIIT (40M)	This class is a rigorous interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.
INSANITY LIVE (40M)	Total-body conditioning, complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength.
Kettlebell Blast (40M)	Kettlebells will help kick all your fitness goals into high gear! Compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure.
LOWER BODY BLAST (40m)	This lower-body, specific circuit-style workout combines anaerobic and muscular conditioning using a wide variety of exercises to increase strength, and muscular endurance.
MORNING MIX (1HR)	1 full hour of toning, cardio, core strengthening, balance and stretching. Something for every level and a great way to meet new friends and challenge your limits.
RIPPED (1HR)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step. RIP is a rapid fat-burning class that incorporates weights to tone and condition the body. It is an all-level workout.
SUPER SWEAT (1HR)	A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.
SPIN (40M)	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience. This is a safe and effective workout for ALL fitness levels.
TABATA (40M)	Tabata offers short bursts of peak effort using the formula of a work/rest ratio of 2:1. The class includes alternating periods of short intense anaerobic exercise.
ZUMBA (45M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardio fitness.

AQUATIC FITNESS	
ARTHRITIS (45M)	Designed to help those with arthritis & other mobility conditions maintain a good posture, range of motion, general strength and cardiovascular stamina. All the while in a warm pool which helps soothe sore joints and bones.
AQUACISE (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.
AQUA-TABATA (40M)	Just like the land version, this high-intensity class will combine toning with cardio intervals and core exercises.
DEEP H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact.
FIT SWIM (40/60M)	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class, Previous swimming experience required.
Mind & Body Classes	
Tensegrity: Yoga (1HR)	We use physical movements performed on our backs to focus and open the layers of the body and fascia. We use the breath and movements in the series to strengthen the core and deeper muscles of the body and help the body heal injury.
GENTLE HATHA YOGA (1HR)	Gentle Hatha is a mindful and meditative approach to opening the body with softness. It is practiced with a focus on the basics of alignment and the evolution of strength and balance. This class is complete with opportunities for self-care bringing forth surrender and release with ease.
HATHA-RESTORATIVE YOGA (40M)	A combination of a gentle flow of Hatha postures for the beginning of class leading us into some beautiful and relaxing restorative postures to finish our practice.
YIN YOGA (45M)	Yin Yoga is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures.
FLOW YOGA (1 HR)	Flow Yoga is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Flow classes offer a nice variety of postures and is set to soft pop music. You will be coached every step of the way towards each position.