



CLASS DESCRIPTIONS

WERQ

Wildly addictive dance cardio workout, based on trending hip hop and pop music.

TURN UP

A full body HIIT dance fitness workout that feels like going to the club with your friends.

COMMIT

A dynamic HIIT (High Intensity Interval Training) style dance fitness workout set to popular music including hip hop and pop.

ZUMBA

Latin inspired dance fitness set to a combination of Latin and international music to give you an upbeat cardio workout.

SPIN

Focused on resistance-based intervals and cardio, to exhilarating music on a stationary bike.

HIGH FITNESS

A high energy, intense, choreographed workout including interval training, plyometrics and a cardio workout all in one fun and upbeat class.

RISE AND SHINE

Step aerobics and circuit training to increase full body strength, balance, and flexibility.

PUMP IT

Full body weight training using dumbbells and body weight set to music that will make you forget about the burn. Utilizing time under tension to grow muscle that supports joints, prevents injuries and increases endurance.

GENTLE YOGA

Relaxing, restorative yoga that incorporates breath work techniques and gentle movement to calm the nervous system and rejuvenate tired, sore muscles.

GENTLE YOGA/PILATES

Utilizing gentle yoga and pilates to stretch and strengthen the specific muscles that can correct bad posture.

SENIOR FIT

A combination of stretching, balance, low impact aerobics and strength training to prevent injuries and improve quality of life.

No classes- Memorial day, 4th of July, Labor Day, PM Halloween, Thanksgiving 23rd-25th, Easter Sunday, Christmas Eve- Jan 1st