



CLASS DESCRIPTIONS

WERQ

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

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.

BARRE

A dynamic workout that combines elements of yoga, ballet, pilates and strength training to totally transform the body head toe.

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.

TOTAL BODY CIRCUIT

Strength and endurance training at rotating stations to hit all muscle groups at your own pace.

RISE AND SHINE

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

TURN UP

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

STRETCH & FLOW

Relaxing, restorative stretching to increase range of motion, core strength and balance with gentle movement, and balance.

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