



CLASS DESCRIPTIONS

SHINE DANCE FITNESS

Combining current hit music and choreo to help students feel confident and strong. This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.

GENTLE YOGA

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

ZUMBA

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

SLOW FLOW YOGA

Vinyasa inspired slow flow focusing on range of motion, joint mobility and flexibility.

WERQ DANCE FITNESS

Wildly addictive dance cardio workouts 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.

SPIN

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

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