



CLASS DESCRIPTIONS

KREATIV DANCE FIT

Dance cardio combo class with low to high impact movements mixed with musicality- where style meets fit.

YOGA FUSION

Elevate your fitness with a harmonious blend of yoga, Essentrics and tai chi. Suitable for all fitness levels, find balance and strength in this transformative class.

WERQ

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

ZUMBA

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

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/PILATES

Embrace gentle exercises to enhance core strength, flexibility, mobility and relaxation while lying down. This soothing mat based class will leave you feeling rejuvenated and refreshed.

FITBALL

A lively fusion of dumbbells on the large fitness ball that boosts full body strength, in a fun creative workout.

SLOW FLOW YOGA

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

SPIN

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

GENTLE YOGA

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

TURN UP

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

VINYASA FLOW

Vinyasa yoga balances strength, flexibility, and agility while moving to the cadence of your breath. Practice alignment and awareness with a creative flow.

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