All Levels Yoga: Beginners and advanced welcome! This invigorating class allows you to mentally and physically strengthen yourself through posture work linked with Vinyasa for an energizing practice. 


Aqua HIIT: A high-intensity training in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for the duration of class. Suspension and weights will be optional.

Aqua Interval: In this heart-pumping 45 minute class, rotate through a variety of aerobic and strengthening exercises. *Low impact.

Aqua Step & Core: For 30 minutes this class utilizes Aqua Steps to deliver a low impact, high intensity cardio workout. The second half of class utilizes aquatic equipment in the deep water for a full range of motion core workout. No swimming ability is required.

The Athlete’s Workout: A fitness routine designed for the athlete in all of us! Using functional training/principles of athletic conditioning to challenge your physical mental limits.

Barre-Pilates Fusion & Strength: This workout combines somatics, low-impact interval training, and mat pilates to reshape, tone, and strengthen your muscles. Class time is split for barre and mat work.

Boomer Bootcamp: A combination of strength, aerobics, stability, and flexibility. This class uses a variety of equipment to expose participants to new exercises.

Boomer Balance & Flexibility: Gentle exercise for boomers and seniors incorporating an active warm-up, stretching to promote flexibility and special exercises to enhance balance.

Butz & Gutz: This is a high energy, muscle conditioning class that tones and shapes your hips, thighs, glutes, and abdomen.

Cardio Boot Camp: A combination of calisthenics, military-style drills, and athletic conditioning exercises to provide the ultimate calorie burn.

Cardio Crazie: This is an "all cardio" exercise class. Get your heart rate up and burn calories with a high energy workout including styles such as tabata, HIIT, circuits, and more!

Cardio Interval Training: This variety filled class combines step, strength and core exercises all in one great cardio class. All levels welcome!

Cardio Kickboxing/Pilates: A class that combines kickboxing and core work to help develop muscle, tighten core, and improve cardiovascular endurance.

Country Heat - Step right in to this easy-to-follow, exhilarating, country dance inspired workout! You will enjoy this low-impact, high-energy dance class set to country hits!

Cardio Kickboxing: Experience the ultimate mixed martial arts style body shaping class. Constant core movement combined with explosive cardio helps carve your core and feel like a fighter.

Dance It Out: This total body, cardio dance workout is paired with fun music and different styles of dance such as disco, hip hop, African, 80's, country, and more. *For all fitness levels.

Dance Cardio Fitness: This is a high intensity aerobic dance fitness class where you will sweat it out to latin jams and today’s hits!

Deep Sea Aerobics: This is a high-intensity workout in the deep end of the pool. Flotation belts will keep you afloat while you perform aerobic & resistance training. *Low impact

Flex: This training class is a mix of weightlifting followed by an intense, fast paced workout filled with cardio and functional movements. This class varies daily.

HIIT: High Intensity Interval Training is a total body, heart pumping, aerobic and strength workout. This interval-based class combines full-body strength training with high intensity cardio designed to tone your body, improve endurance, strength, core and functional movement.

HI.I.T. with Yoga: High intensity interval training is a full body workout that alternates periods of intense work with periods of rest. Yoga combines deep breathing with stretching.

Hydro Strength: Participants will experience a total body routine using multiple pieces of resistance training equipment. *Low impact.

INSANITY*: A high-intensity cardio driven class. Combining intervals of maximum intensity and rest periods. Cardio driven class.

Kettlebell Cardio: This class emphasizes on functional movements completed with proper form to safely improve strength and cardiovascular performance.

Mat Pilates: A series of exercises designed specifically for the mat! Improve flexibility, lengthen muscles, improve balance, strengthen spine and low back, while creating mind-body awareness.

Meditation: Make time to unwind with a seated meditation meant to bring awareness and mindfulness to your day. Beginners welcome!

Pilates Reformer & Barre: In this small group class, each participant will use a special apparatus that allows different intensity levels and full range of motion for joints.

TRX/Strength Training: Participants will utilize weights, barbells and kettlebells to coincide with the TRX system to learn fundamentals of strength training.

Power Hour: A full-body strength class following the beat of the music. Work-outs include step, weights, muscle endurance, and core training all in one class!

Power Flow Yoga / Yoga Flow: Transition from one position to the next, while creating an effective low-impact aerobic work-out. This class combines flexibility and strengthening exercises through a series of continuous movements.

Peak Performace: A 45-minute tabata style class on the fitness floor involving 2 cardio and 4 resistance exercises performed for 30 seconds with 15 seconds rest for 8 rounds of exercise.

Spin Interval: This class is sure to rev up your metabolism, promote a healthy heart, and blast fat, while maintaining muscle mass as you alternate intense cardio intervals on the bike with strength intervals. The proper form is emphasized on and off the bike.

Spin: This class is to get your heart rate up and burn calories with a high energy workout including styles such as tabata, HIIT, circuits, and more!

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Step right in to this easy-to-follow, exhilarating, country dance inspired workout! You will enjoy this low-impact, high-energy dance class set to country hits!

Tabata Boot Camp - A form of interval training designed to burn calories and build lean muscle. Exercises are performed for 8 rounds of 20 seconds high intensity work followed by 10 seconds of rest.

TRX: This specialty class is designed for you to use your body as the machine! Utilize gravity and your own bodyweight to perform exercises.

TRX: This class utilizes a variety of equipment to achieve the optimal full-body workout.

30 minute ABS: This 30 minute class will help strengthen the muscles in your abs and lower back!

Total Body Sculpt: This class utilizes a variety of equipment to achieve the optimal full-body workout.

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T’ai Chi: For health, balance and mental fitness. A Chinese martial art and form of meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance.

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