

Class Description:

Boot Camp: A mixture of strength exercises and cardiovascular training that will work the heart and lungs and give almost every muscle in your body a workout.

Cardio Dance: Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium-and low- impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

Functional Strength: Builds strength for everyday life by mimicking real-world movements like squatting, lifting, and twisting, focusing on core stability, balance, and coordination to make daily activities easier and reduce injury risk, unlike traditional training that isolates muscles for size.

Glutes & Core: A Glutes & Core class sculpts and strengthens your backside and midsection using exercises like squats, bridges, planks, and twists, often with weights, bands, or bodyweight, to improve stability, posture, power, and tone for a stronger, more defined physique and better functional movement.

Pilates: Total body conditioning exercise method that combines flexibility and strength to develop mind and body uniformity. Challenge yourself and leave this workout feeling renewed and refreshed.

Step: Ready to sweat? 32 count music is used to allow our body to step up, down and off an adjustable platform. Choro patterns, as well as basic moves, make this an intensity-based workout. Weights follow for muscle toning.

Tabata HIIT: It's a style of high-intensity interval training that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds.

Young @ Heart: Looking for a low impact workout, here it is a combination of Cardio, Muscle and Balance. Have fun on your way to better health.

ZUMBA: Party! This is a fun easy to follow Cardio Dance class combining high energy and unique moves that make you feel like you are partying on the dance floor.