

AI Stretch

Active Isolated Stretch provides functional and physiological restoration of superficial and deep muscles planes. **All levels**

Beach Body

"Straight Up" meaning "no nonsense", and that's what this focused class is all about! Firm and tone your abs, arms, butt, and thighs with exercises that are designed to keep you ready for the beach all year round. **All levels**

Boot Camp

Get into shape with this amazing variety workout. You will use body weight, body bars, kettlebells, TRX bands etc to keep you burning calories and having fun. It's full body fitness including cardio and muscular endurance, fat loss and weight loss, full body strength, agility, balance, flexibility, periodization, and most importantly, results you can see and feel.

Cardio Blast Muscle building strength training, total body exercises with 'blasts' of cardio drills. The ultimate workout to sculpt and tone your entire body. **All levels**

Cardio Kickboxing

This fast-paced cardio class uses kickboxing and boxing moves to strengthen the cardiovascular system and tone arms and legs. **All levels**

Chi Gung/Tai Chi

These ancient Chinese exercises have physical, spiritual, and mental components that will improve your concentration, balance, physical conditioning, and teach you self defense techniques. **All levels**

Circuit Training

Circuit training is short bursts of resistance exercise using dumbbells, kettlebells, body weight, and frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group. **All levels**

Core Yoga Flow

A traditional Vinyasa style yoga class with a heavy focus on the core, balance and stability. **All levels**

Dyna Strength This class uses dynabands to strengthen the body while it elongates your muscles. **All Levels**

Eclectic Yoga This comprehensive class teaches you to reduce stress, improve strength and flexibility, and bring steadiness to the mind using the postures of Hatha yoga. **All levels**

Fitness Basics 1

Ideal for people of any age who have not been involved in an exercise program for six months or more. Focuses on cardio fitness, flexibility and toning by using light dumbbells, stretch bands and easy dance routines.

Fitness Basics 2

This total body workout is for people who have been involved in an exercise program for at least one year and are able to work with a minimum of 2 lb. dumbbells

Hatha Yoga Basics

Practice the basic postures, breathing techniques, and modification of poses to suit your individual needs. **All levels**

Himalayan Yoga Learn to combine a slow Vinyasa (flowing) style with attention to physical alignment and the breath. **All levels**

Let's Dance Strengthen the heart with an energetic dance routines that also emphasizes balance, abdominals, and muscle control. **All levels**

M.E.L.T. Method™ (Myofascial Energetic Length Technique) is a revolutionary approach to pain-free longevity that helps you stay healthy, youthful, and active for a lifetime. **All levels**

Nia A form of aerobic exercise which combines elements of dance, martial arts, and healing arts. Nia classes offer cardiovascular and whole-body conditioning. All movements are adaptable and can be personalized for any level of fitness and agility. Free your mind, body and soul. **All levels**

Pilates Mat Increase your strength and flexibility with a constant flow from one pilates exercise to the next, incorporating body weight to improve muscular endurance. **All levels**

Pilates Ring Using the "magic circles," improve your flexibility, strength, and muscle tone while focusing on abdominals to balance the body. **All levels**

Reggae Dance

Experience an exciting Caribbean workout to sounds of reggae, calypso and soca. **All levels**

Senior Fitness

Improve your strength, endurance, balance and flexibility. This class combines cardio equipment in the fitness center with stretching and toning in the studio. Exercises can be adapted to accommodate people with physical limitations, including orthopedic restrictions and cardiac issues.

Spin This class is great for competitive, recreational, or beginner cyclists. Ride at your own level and be prepared to sweat. **All levels**

SR- Stretch & Relax

A new class format developed by master teacher & choreographer Kordelia, which combines traditional, new and dance stretching methods with a relaxation/meditation session at the end. Various muscle groups and isolated areas will be stretched and elongated.

Step Conditioning This class is a straightforward step class with easy-to-follow choreography incorporating the step platform for burning ultimate calories.

Total Body / Body Sculpt/ Ultra Tone

Sculpt your entire body in these fun classes designed to work your major muscle groups. By using Body Bars, Dynabands, dumbbells, you will get a complete workout from top to bottom. **All levels**

TriStrength While geared toward triathletes this class is now open to everyone. High intensity circuits geared to improve conditioning, function and flexibility.

Ultra Tone Combining cardio work, floor work and stretching, this class will give you a complete workout. The cardio workout includes simple moves while floor work includes legs, abs and arms. **All levels**

Urban Rebounding

Bounce your way to fitness. Each student utilizes a mini trampoline to get the ultimate cardiovascular workout. Work the heart with no stress on the joints. It's tons of fun! **All levels**

Vinyasa Yoga/ Yoga Fit Use your breath to link and weave a sequence of yoga poses promoting stamina, strength and flexibility. **All levels**

Warrior Mind Learn mindfulness and the teachings of the highest form of yoga – meditation. **All levels**

Zumba® fuses hypnotic Latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away. **All levels**