

Group Exercise Classes

PiYo: is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Insanity: is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training.

Zumba: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Body Pump: Using light to moderate weights with lots of repetition, it gives you a total body workout. It will burn a lot of calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.

BootCamp: is designed for MAXIMUM calorie burn in the shortest amount of time. We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly MAKE FITNESS FUN!

Spin Class: Jump on one of our customizable spinning bikes and start peddling! Spinning classes provide an intense cardio workout while still catering to participants of all fitness levels. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

Yoga: Our classes welcome everyone, regardless of fitness level, or yoga experience. Your teacher will help you to take your practice where you'd like to go.

Mixed Fit: is a people inspired dance fitness program that is a mix of explosive dancing and bootcamp toning.