

BARRE FIT(*): Ballet moves and traditional strength exercises combine for a workout that promotes long, lean muscles. Emphasis is placed on legs, buttocks and back, but you'll walk away with a total body workout.

BODYWEIGHT MELTDOWN: This class will take your workout up a notch. It focuses on compound exercises, which combine two exercises into one to involve more of your muscles.

CIRCUIT SCULPT: This strength-based workout challenges every muscle group using a wide variety of equipment and short bursts of cardio. You'll never be bored and you'll always work hard.

CROSS TRAINING: This class constantly mixes it up to challenge you every single time. It's all about avoiding the dreaded fitness plateau!

FREESTYLE STRENGTH(*): Whether you're using weights or your own body, this class changes every time to keep you challenged. Draws on other formats (like barre, bootcamp and HIIT) to create variety.

GENTLE + YIN YOGA: An energizing flow of postures that are geared toward beginners and those who prefer to take it slow. This class will also explore Yin yoga, where poses are held for longer increments of time.

HIIT: Equipment use is minimal, but this high intensity interval class takes calorie burn to the max! Expect to work hard as you tackle a circuit that challenges cardiovascular and muscular strength and endurance. Class ends with a nice, deep stretch.

KETTLEBELLS: This class is quick and efficient, raising your heart rate and challenging your muscles in just 30 minutes!

KETTLEBELLS, CARDIO & BATTLING ROPES: Functional training meets athletic performance in an energetic class format.

KICKBOXING: Get your cardio on and burn some calories in this quick, fun class. All levels are welcome.

KIDS YOGA(*): Ages 4-7. This class explores yoga poses, practices stillness and plays games.

MINDFUL MOVEMENT YOGA: Building strength and flexibility through purposeful linking of breath and postures. Hatha Yoga foundation combining elements of Yin, Vinyasa, and Pranayama.

PILATES: Become firm, fit and flexible with a flowing repertoire of stretching, strengthening and stabilizing exercises. Reshape your body and rethink your workout using this total body conditioning exercise!

PIYO LIVE: Elements of yoga and Pilates combine with traditional strength and flexibility moves in a high-intensity, low impact workout set to upbeat, energetic music. Bring your mat...and get ready to sweat.

POWER YOGA: Yoga meets resistance in a wonderful connection of mind and body. All levels will be demonstrated.

SILVER SNEAKERS CARDIO/CIRCUIT: This version takes the Classic class up a notch. You'll be on your feet the entire time!

SILVER SNEAKERS CLASSIC: Focus on muscular strength and range of motion to ultimately increase agility, improve functional capabilities and your fitness level while boosting your sense of well-being.

SLOW FLOW: All levels welcome. This yoga class focuses on the connection between breath, movement and mindfulness. It's a slower-paced sequence of postures with longer holds. Aromatherapy may be used to enlighten the senses.

SPINNING(*): This cardio workout isn't boring! Challenge your mind, push your strength and improve your endurance. All levels welcome.

STEP & SCULPT: If you're looking for a traditional step class, then you'll like this 45-minute workout. Tone, strengthen, stretch and step!

STRENGTH/SPIN: Class starts with 30 minutes of strength work in Studio 2, followed by 30 minutes of cardio work on the Spinning bike.

STUDIO PUMP(*): This group weightlifting class starts with a warm up, targets every muscle group with a wide variety of strength exercises, and ends with a nice cool-down and stretch.

TRX(*): Suspension training takes strength training to a new level. Classes vary, some are Bootcamp workouts while others just use the straps. Small fee applies.

YINYASA: Yin and Vinyasa flow together in one balanced class. Start off diving deep into the connective tissues to open the body, the move with the breath and intention through a Vinyasa sequence.

YOGA FLOW: Open to all levels! This class focuses on the exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness.

YOGA FOUNDATIONS: New to yoga? Want to refresh your understanding of the practice? This class is moderately paced, and will break down the postures to help you develop your practice.

ZUMBA: The fusion of Latin and International music creates a dynamic dance party that doubles as an effective workout. You'll burn calories in this high-energy workout.

***Please reserve your spot at the front desk! Sign-up sheets are posted on Monday morning one week in advance. No phone calls before 8AM. Class space is limited. No-shows are subject to a \$5 fee. Select classes are subject to additional fees.**

