A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles!

 A fiercely energetic program inspired by wide array of martial art disciplines. (Interm/Adv)

 A 30-minute moderate to high intensity core program. Tightens and tones the core, improves functional strength for mobility and injury prevention.

 55-minute class with two aerobic sections to challenge your cardio fitness and stamina Muscle conditioning will strengthen and tone your entire body. Experienced exerciser low options available.



These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. The 30-minute cycle workout that uses high-intensity interval training to help you smash goals faster. Intermediate to advanced workouts.

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Embrace parts of yoga, tai-chi and Pilates with BODYFLOW, a relaxing class that builds strength and improves flexibility. All levels.

****** ™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session\*\*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

***ADVANCED STEP-*** This high intensity class takes it up a notch. Choreography is more complex. Class is designed for the experienced veteran stepper.

***BARRE FIT***- is a high-energy, low impact, fat burning workout that combines the principals of Ballet, Pilates, & athletic conditioning exercises. Light weights are incorporated to warm-up muscles. Barre work focuses on lower body, small intensive movements to condition and define the muscles, and the mat work is Pilates based core exercises, followed by a cool down stretch. Not recommended for anyone with injuries.

***BEGINNER STEP -*** Class designed to teach the basic elements of Step Aerobics to the beginner stepper

***BODY BEATS RIDE LAB*** - A fun quick 30 minute interval ride incorporating light weights for upper body workout movements.

***BODY CIRCUIT***  *f*ull body workout that includes both strength and cardio intervals.***.***

***BOOT CAMP*** – 45-60 minute athletic workout. Interval circuits that will consist of cardio, strength and core building exercises. Intermediate to advance exerciser.

***BOX & BURN*** Cardio conditioning class designed around a kickboxing element. Jump rope, Strength and ab circuits included. Bag Training gloves required. (Interm/adv)

***LOW IMPACT-*** A non-impact class designed for beginners to intermediate exercises. ABS included. (All levels)

***PILATES MAT –*** Pilates - using lengthening, toning and strengthening exercises based on Pilate technique. Bring a mat and take your shoes off and get ready to stretch and tone yourself to a new level. (All Levels)

***THE RIDE*** 60 minute ride taught to the rhythm of the music. Each class is a heartrate monitoring class where you will see several cycling training styles. Strength, interval, endurance, rhyme riding and an even a dance party. Have fun while you achieve your ultimate calorie burn. Accurofit and Performance IQ system are utilized. Heart Rate straps are highly recommended and available in the Fitness Store. All levels welcome.

***THE RIDE EXTENDED RIDE*** *75 minute format. Same as above*

***SHRED IT***  -High intensity interval training consisting of Tabata style intervals. Intermediate to Advanced.

***STEP-*** 60 minute step class where sophisticated choreography and high energy music create a challenging workout for the intermediate to advanced stepper.

***YOGA ---***Yoga All Levels- This class is designed for the beginner students to the more advanced student. Students can work at their own level of practice as modifications will be given during class by the instructor. 60-90-minute classes.

***YOGA BEGINNERS-*** Yoga Beginners- for those who have little or no knowledge of yoga. Class times range 60-75 minute in length

***YOGA INTERM/ADVANCED -*** Yoga Advanced -for those who have good knowledge of the previous levels and are ready to take on more difficult postures. Class times range 60-75 minutes in length.

***YOGA with WEIGHTS*** brings together the combined benefits of yoga with weight training. All levels are welcome, and no yoga experience is necessary.

***ZUMBA® -*** ZUMBA- fusion of Latin & International music utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Mixes body sculpting with easy to follow dance steps.

**Most classes listed require getting up and down repeatedly from ground to floor.**

**Safety Clause: Instructors have the right to ask a member to not participate, if they feel the member is endangering themselves or others.**