

Class Descriptions

Ab Attack

The ab class you have been waiting for with some back exercises to balance out your muscles.

Aqua Fit

A fun, energetic aquatic class with a combination of cardio movements with exercises for strength, flexibility & balance. Great for all ages, levels, & abilities (buoyancy belts provided).

Aqua Zumba

An aqua workout that's cardio-conditioning, body-toning, and exhilarating.

Cardio Dance

A fun and addictive dance workout. With a variety of music styles and simple moves, this workout is for everyone. Leave the rules and the egos at the door and just dance!

Cardio Funk

This is a dance class where you blend pop and hip hop moves into a upbeat cardio workout. If you like dancing at the club this class is for you!

Cycle & Abs

Rev up your cardiovascular and muscular endurance with 30 minutes of cycling and 15 minutes of abs and stretching.

Cycle Challenge

Cycle your way to cardiovascular and muscular endurance in this interval-based cycle class.

Cycle to the Lyrics

Get ready to cycle along to the lyrics of some of your favorite songs that are new on the pop charts & also kickin' it old school! This class will have you groovin' & movin' to cued lyrics and beats to cruise you through your ride.

High Intensity Interval Training (H.I.I.T)

A total body, heart pumping, cardiovascular and strength conditioning workout.

HIIT the Step

A full body cardio workout that will use the step, weights, and body weight to elevate the heart rate and tone the body. Interval style training with options that makes this class accessible to anyone!

Hula & Tahitian Fitness

This dance fitness class will move your hips, tone your legs, and strengthen your core to fun Tahitian drum beats and relaxing Hawaiian songs.

KickStart

KickStart your day with a class that will get your heart pumping with fundamental movements of kickboxing while incorporating total body strength moves that will tone your arms, legs, and abs.

Lower Body Blast

Focus on strengthening your lower body and core in this dynamic sculpt class.

Pilates

Mat-based class combining a series of low impact exercises focusing on alignment and breathing to develop muscle control, strength, and flexibility.

PiYo Strength

This class fuses strength conditioning, pilates, yoga, and balance for a total body workout.

Sweat & Flow

Stretch, sweat, and flow through asanas (postures) in this fast-paced yoga class that is designed for participants of all levels of experience!

Tabata

Intense athletic conditioning class to challenge even the most active participants.

Total Body Conditioning

This total body class utilizes different formats and equipment to keep your workout challenging.

TRX Strength Intervals

This class uses a backbone of TRX exercises along with a mix of sandbags, body bars, medicine balls, stability balls, a battle rope, wall balls, and more to create a unique training experience. Because of your bodyweight creates the resistance, all of our TRX classes are designed with the ability to modify or advance any exercise based on your personal fitness level.

Upper Body Blast

This upper body blast conditioning class targets the chest, back, shoulders, biceps, and triceps.

Wake Up & Cycle

Cycle your way into the day in this interval-based cycle class.

Xpress Bootcamp

Maximize your workout in this 30 minute high-intensity class.

Xpress Cycle

Boost your energy with 30 minutes of cycling.

Yoga

Utilizing various poses and postures to build a strong foundation of flexibility, strength, and stamina, while reducing stress enhancing awareness, and practicing personal growth.

Zumba

Add some zest to your workout routine with fast and slow Latin & Hip Hop rhythms with easy-to-follow moves.