ABS & GLUTES | A 30-minute toning class focused on your abs & glutes and getting the heart rate up!

AQUA FIT | Combination of shallow water and deep-water exercises to improve flexibility and endurance while enjoying the therapeutic benefits of water exercise (buoyancy belts provided).

CARDIO DANCE | A fun dance workout with a variety of music styles and simple to follow moves. Join the party and get your sweat on! No prior dance experience needed.

CHAIR YOGA | A gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain.

CYCLE | High-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance, and sprints.

CYCLE & PUMP | A mix of climbs, sprints, and hills, followed by total-body exercises to strengthen and tone your body.

FULL BODY BLAST | Join us for a total body workout targeting all the major muscle groups. Full body blast includes a wide variety of exercise techniques, such as cardiovascular work, strength training, plyometrics, and more!

LOWER BODY BLAST | Focus on the muscular endurance of your lower body including your glutes, quads, hamstrings, abductors/adductors, and calves in this 30-minute muscle-blasting workout.

STRONG BY ZUMBA | This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

UPPER BODY BLAST | Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30-minute muscle blasting workout.

YOGA | Come move with your breath and intention. Find space and move freely to improve your flexibility, strength, stamina, and stress reduction.

YOGA FOR MINDFULNESS | A relaxing way to de-stress, re-energize, and find balance. This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within.

YOGA FOR STRENGTH | A faster paced yoga class that will challenge the body and the mind. This class will focus on building strength and endurance through strength-based poses. Options will be offered for all ability levels.