



*We happily modify workouts to match your level of experience. Please notify instructor prior to class if you have specific concerns.

CARDIO SCULPT	Cardio intervals and strength building exercises give you a complete body workout. For all levels of fitness. All fitness levels welcome.
DANCE FUSION	Dance combinations with intervals of upper and lower body toning to fun music.
HIGH DANCE FITNESS	Easy to follow high energy dance fitness.
HIGH GEAR	This HIIT boot camp style class includes cardio and strengthening, with varying equipment.
HIGH OCTANE	Circuit training including HIIT, tabata, cardio, and strength.
KICK IT UP	Timed circuits, Tabata, HIIT. Challenge the inner athlete with med balls, kettle bells, Bosu, discs, and weights.
PUMP&CRUNCH	An extended 90-minute multi-modal cardio, resistance, and strengthening interval class utilizing weights, balls, bands, and steps. The music motivates and entertains while the time flies!
SENIOR FITNESS	Low-impact. Senior aerobics, strength, stretch and balance.
SILVER SNEAKERS	Low-impact. Classic, chair-based strengthening that includes chair yoga with emphasis on balance and strength.
STRONG Nation	A full body HIIT-style workout that blends plyometric, muscle conditioning and intense cardio. This rhythmic strength training without weights is a great way to get cardio and tone up!
YOGA	Hatha yoga is a classic physical approach to breathing and exercise. Great entry point for those new to yoga.
YOGA STRENGTH	Challenge yourself in this advanced yoga class, where we increase strength and flexibility to avoid injury and improve health
ZUMBA	This Latin-inspired cardio-dance workout uses music and choreographed steps to form a fitness party atmosphere. Music styles include everything from jazz to African beats to country to hip-hop and pop.