

BodyCombat®

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Contact Kickboxing

A mixed martial arts kickboxing class using heavy bags and gloves to get an authentic workout. Lose weight and tone muscles while working with a certified personal trainer through a variety of exercises. All fitness levels are welcome to participate in this vigorous workout as you are challenged at your own fitness level. *Reservation required starting 24 hours in advance.

BodyFlow®

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BodyPump®

BodyPump® is a revolutionary weighted workout using barbells with a variety of weights that is set to motivational music. You'll strengthen, tone and define every major muscle group. This class is ideal for all fitness levels – you determine how hard you work by choosing the appropriate weights.

BodyStep®

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing- a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

CXWORX®

CXWORX™ is a short, sharp, intense, hugely effective 30-minute workout. It was designed by the LES MILLS™ team with a carefully structured and scientific approach to ensure this unforgiving workout tightens and tones your body, improves your core strength and aids injury prevention.

CardioLite

Non-Impact Cardio/Strength workout that moves to music that will energize you, increase mobility and work on balance. Light weights, bands and balls will tone your muscles and work on flexibility. A chair is always available for support if needed. All fitness levels welcome!

Oula® Dance Fitness

High-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration!

Oula® is Dancemania for the Soul!

Oula® Power

Oula®-Power! Is a 45-minute conditioning class that begins with an empowering warm-up, followed by some high-energy cardio tracks to get the heart pumping and then transitions into a series of conditioning tracks that focus on strengthening and toning using our own body weight.

Tabata/Boot Camp

This class trains both cardio and strength using timed, high-intensity intervals. It uses a variety of simple, yet intense exercises to push your heart rate to the limit.

Yoga

Build strength and flexibility, reduce stress and tension and increase your overall health, energy and vitality. You'll finish renewed and rejuvenated.

Zumba®

Zumba is a fusion of Latin and international music/dance themes that create a dynamic, exciting, effective fitness workout. These fun and easy routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Gentle Yoga Sculpt

Reduce stress, tension and increase your overall health, energy and vitality using yoga postures and hand weights. This class will focus on strength, balance and core work. Appropriate class for beginners to group fitness.