

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.

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.

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!

Core Conditioning

A total body sculpting experience! This format will help improve muscle tone and strength in all the muscles of the body with a focus on the core. A variety of tools may be used including resistance bands, free weights, stability balls, BOSUs, gliders, as well as body weight exercises which are sure to keep the workout fun and results strong! Suitable for all levels.

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.

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.

Tai Chi

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

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!

Yoga

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

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.

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.