

class descriptions

gym cycle - indoor cycling is considered one of the best ways to burn calories and increase cardiovascular fitness without impact. Expert instructors help you to monitor your heart rate, keeping you motivated while you spin to the beat of driving music and enjoy the camaraderie of fellow cyclists. For all fitness levels.

Intro to gym cycle – let us help you learn proper bike set up and riding form in this monthly class especially for beginners. No special shoes or equipment required. A beginner level ride will teach you all riding positions and simple modifications for new riders.

cardio box - simple combinations of kicks and punches choreographed to a pulsing beat that will surely elevate your heart rate and keep you motivated throughout the hour.

mat pilates - our signature mat classes, taught by our highly skilled instructors, will challenge you, increasing core strength and improving posture. You will walk away stretched, toned and ultimately stronger, ready to feel the results in all aspects of your life.

pilates fusion - intensifies your abdominal training and includes all the benefits of Pilates Reformer.

gym strength - this weight training class works the entire body systematically from the largest muscles to the smallest. Utilizing free weights and a step, the instructor will guide you through a series of exercises for each muscle group.

power yin yoga - this yoga practice focuses on the passive holding of postures for longer periods of time (3-5 minutes). These longer holds benefit the connective tissues of the body such as ligaments, bones and joints. Longer holds also give the body and mind time to slow down and drop into stillness, cultivating a meditative component of practice. Yin yoga offers a wonderful (and necessary) compliment to traditional yang (power-based) workouts

yoga all levels – this upbeat class is a creative eclectic blend of many yogic traditions and styles. Modifications of postures are made to accommodate everyone, offering both beginning and advanced students a satisfying, accessible, and energetic experience.

zumba - is a fusion of Latin and international music and dance themes. The routines are simple and feature interval training with a combo of slow and fast rhythms. Come join us in this “FEEL HAPPY” workout. You’ll burn hundreds of calories and not even know it.

barre – This popular barre based work out blends dynamic movement with calorie-blasting cardio. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen, delivering one powerful workout.

zumba toning – uses light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. zumba toning is the perfect way to sculpt your body while having a blast

gym HIIT – (high intensity interval training) HIIT training is a nonstop interval workout. Timed High intensity exercises with little to no rest in between intervals. This workout is guaranteed to break through your fitness plateau

step It Up Boot Camp - Variety of exercises such as calisthenics, agility drills, running, and total body exercises combined with a high energy step class for the cardio portion

core/lengthen & stretch – core strengthening exercises followed by foam roll and stretching.

cardio interval – 60 minute nonstop interval workout. Timed high intensity exercises with little to no rest alternating cardio/strength exercises. Modifications are made to accommodate all fitness levels

cardio camp – Dynamic cardio workout with a strong focus on the glutes, hamstrings and quads.

*All classes subject to change due to member attendance

** All Classes are 55 minutes unless otherwise noted