

class descriptions

pedal & pump - two classes that are perfect compliments of each other. The first half of the class is biking, using your legs to work the cardiovascular system. The second half is strength, where the focus is on core and strength training.

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. Make sure you have water and wearing a heart rate monitor is recommended.

gym cycle plus – advanced 90 minute cycling class.

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. This is a fun class for all fitness levels.

gym strike - our innovative class offers high-intensity footwork, kicking, punching, and blocking workouts

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. These classes are for everyone.

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. The benefits include: increased strength, definition and balance and an increase in metabolic rate.

yoga - challenge, rejuvenate and relax your body with our gym yoga classes. Increase strength and flexibility, improve posture and enhance body awareness all while decreasing stress. Each of our highly trained and certified instructors teaches a different style of yoga.

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

gym core yoga – power yoga with emphasis on the core and abdominal muscles.

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.

gym step/sculpt – this class is designed to get your heart pumping and your muscles working! This class offers the best of both: step workout for the cardio portion and light weight training for the strength segment.

turbo-kick- maximize your workout with ab-sculpting moves and fat burning cardio. Athletic drills, high energy routines. Kickboxing with an edge.

*All classes subject to change due to member attendance