

Barre

Fun class focusing on postural strength and alignment, followed by a series of upper body exercises. Used to sculpt the lower body, abs, and flexibility.

HIIT

High Intensity Interval Training is a round of short bursts of energy followed by short rest periods. All exercises are fair game in this class.

Line Dance

Great class that uses dance to get your heart rate up!

Step & Core

Aerobic class that is choreographed to a routine using a step. Combines high-energy music with a fun workout.

Spin

A cardio class to help you gain speed, strength, and endurance.

Spin Boot Camp

A cardio class to help you gain speed, strength, and endurance. This class also incorporates lifting and core.

Yoga

Designed to improve the health, performance, and mental acuity of individuals interested in improving their fitness. Based on ancient fitness science of yoga, blends balance, strength, flexibility and power.