**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.