

7-Fit - This class will get your heart rate up and the sweat pouring. The class is divided into four sections. First is strength with weights, next is one or two cardio/weights mixed, and the last section is a 'challenge yourself' mini workout meant to push your limits. Modifications are available for all levels.

Bootcamp - Will work your whole body. The class is always something different and fun. It's a combination of weights, cardio, core, and bodyweight. This class is for all fitness levels and modifications can be given.

Cross Training - A full-body combo-class offering step, low impact, possible high impact moves, and strength training. Modifications are given for all fitness levels.

F.I.R.E - Functional. Interval. Resistance. Exercise. Cardio work is integrated with functional strength training, followed by core work and stretching. All fitness levels welcome.

H.I.I.T - A high intensity interval training, which is a form of cardio training with short periods of anaerobic weight training. Every fitness level is welcomed.

P90X - A program that uses cross training and periodization to give you a full body workout in 55 minutes.

PiYo - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

SPARTACUS - For the Warrior within all of us! A circuit-type interval class, using a variety of exercises that collectively work every part of your body. Each 60- second station will challenge your heart and lungs as well as your muscles.

Yoga - Focuses on the whole body, designed to increase flexibility, posture, and strength with body weight poses.

Zumba - Aerobic fitness program featuring movements inspired by various styles of Latin American dance.

