

Fitness Class Descriptions

| Class | Description |
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| Barre & Barre-lates | A low-impact, full-body workout blending ballet, yoga, and Pilates, focusing on small, isometric movements (pulses, holds) with high reps to build lean muscle, strength, and flexibility. |
| Body Technique | Full body training using a combination of large ball Pilates, Barre, and Yoga exercises with awareness of weight placement, alignment, energy direction and breathing techniques. |
| Bolly X | Inspired and driven by the heart-pumping, energetic rhythms of Bollywood. A cross of dynamic choreography with high-intensity interval training (HIIT). |
| Cardio Intervals | Alternating between high-intensity work and low-intensity recovery intervals. Improve your cardio health and have fun with a variety of cardio exercises. All fitness levels welcome! |
| Cycle & Tone | Combination of cardio & strength using cycling & weights, circuits, and core. |
| Dance Fitness | Choreographed, heart-healthy, fun, dance workout. Plus -10 min of stability and core exercises. |
| Deep Stretch | Come stretch your body dynamically and passively as you're guided through full body stretches. |
| Foam Roll | Using foam rollers for self-myofascial release, helping to relieve muscle tension and improve mobility. |
| Get Fit | Cardio and strength using a variety of equipment and exercises to move, build, and have fun. |
| High Low | Fun, set choreography to create an effective steady-state cardio workout. |
| LaBlast | Takes you through a diverse mix of partner free, ballroom dances set to your favorite music. |
| Pop Pilates | Strength meets flexibility. Highly-focused movements that leave your body toned and transformed. |
| Surge Strength | High-rep, targeted, ALL weight training workout! Muscle focused, weight training tracks, using dumbbells, strengthen, shape and define every muscle in your body. |
| Stronger | Traditional strength training with dumbbells and bodyweight exercises. All kinds of equipment, mixed in to keep it fresh, fun and challenging. |
| TRX Circuit | Use your body weight and gravity with TRX suspension trainers to develop strength, balance, flexibility, and core stability. |
| Werq Like a Boss | Combines dance for cardio followed by strength and mobility work! Check it all off like a boss! |
| Yoga | Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga -slow and passive practice. Fusion -slow and fluid movements. Gentle Rise -slow flow. Active Aging -functional movement for strength and stability. |
| Zumba | A fun and energetic dance fitness class that combines Latin and international music with easy-to-follow dance moves. |
| Water Aerobics Class Descriptions | |
| Arthritis | Designed to be gentle on the joints. |
| Water Aerobics | Burn fat with this fast-pace workout combining intervals and work with noodles. |