

BP (Body Power): The use of various sizes of weights to gain muscle strength/endurance for large muscle groups. Overall conditioning.

Buns & Bellies: 30 minutes focusing on toning the lower body, legs, glutes, and buns followed by 30 min focusing on strengthening and toning the abdominal and lower-back muscles.

Burn & Firm: Strength training combined with segments of cardio to burn calories.

Cardio-Kick: A high-energy class combining kickboxing, dance, and martial arts which gives a calorie burning cardio blast.

Beginner Bootcamp: Challenge your entire body through weights, body weight exercises, and cardio movements. Low impact and great for beginners to advanced athletes.

Bootcamp: Advanced cardio workout designed to challenge beginners to advanced athletes. Incorporating box jumps, body weight movements, weights, and more!

Pilates: A core-stability, body-conditioning, mat-based class. Combines breathing, body alignment, and form to improve strength, flexibility, and posture. A stress-free union of mind/body.

Pound: An overall cardio and body-sculpting class. A rhythm-based class using drum sticks and mats.

SS (Silver Sneakers): Geared to people over 50 to increase muscular strength, flexibility, and functional skills for improving daily living. Incorporates, chairs, hand weights, tubing and balls.

Silver Yoga: A low-intensity mix of yoga, pilates, and stretching exercises combined with deep breathing and the use of chairs.

Spin: A high-energy class using stationary bikes and motivating music.

Tabata: 20 seconds of work followed by 10 seconds of rest repeated 8 times (one tabata). Class consists of a warmup, 9 tabatas, and a cool down. Aerobically and anaerobically challenging.

Homeschool PE: K-6th grade homeschool students will learn about nutrition and physical education while playing games and testing their physical abilities.

Weight Interval: Introductory weight lifting mixed with segments of cardio to keep up your heart rate while toning through weights.

Kickboxing: Learn proper kickboxing techniques from an MMA fight coach, be prepared to sweat!

Hip-Hop: A high energy dance class featuring hip hop music and dance moves.

Cardio Dance: A fun booty shaking way to burn calories and sweat away the stress & pounds!

Yoga: A class of postures to increase blood flow, balance, flexibility, strength, relaxation, and body-mind connection.