

Balance & Mobility	A fluid movement workout targeting shoulders, hips, knees, ankles, joint mobility, fascial release, core stability, and balance work.
Barre Fitness	Inspired by ballet, yoga and Pilates; exercises will focus on isometric strength training combined with high repetition of small range of motion movements.
Boot Camp	Indoor/Outdoor training to developing strength, muscles & stamina. Exercises include push-ups, running, cardio circuit training & muscle fatigue lifting.
Cardio Fit & Fun	Improve your aerobic fitness, strength and endurance using light weights and a variety of exercise tools in a fun way.
Cycle	45 minutes of high intensity aerobics on a stationary bike. High tech bikes enable tracking rpms, watts, calories and heart rate. All levels of riders are welcome.
Cycle-Circuit	45 minutes of cycle followed by 15 minutes of dumbbells & core exercises.
Cycle-Total Body	45 minutes of cycling on a stationary bike utilizing dumbbells on and off the bike.
Fit Body	Aerobics-based workout incorporating body weight resistance & stretching to tone & strengthen the body.
Fit For Life	Focuses on muscular strength, endurance and balance to improve flexibility and activities of daily living (ADLs). Includes an aerobic component.
Heated Power Vinyasa	Inspirational, energetic & playful flowing practice for all levels. Creates balance, strengthen & rinse your body, clears your mind, & leaves you with a strong sense of empowerment.
Mat Pilates	The perfect introduction into Pilates. Exercises performed on a mat to improve flexibility, muscle tone, balance, spinal support, and sense of awareness in space.
Pump It Up	A cardio, intensity, and full body workout class, using the step for intervals, body bars & various weights for resistance training.
Slow Flow	Slow Flow Yoga is perfect for those who are looking for a softer, nurturing, slower paced practice. This type of yoga will leave you feeling fully stretched, yet quite relaxed.
Strength & Conditioning	Strength exercises with body bars & dumbbells. Weight training supplemented with core movements on mats & stability balls. Cardiovascular intervals & active recovery are used to enhance intensity.
Strength/Lengthen	Starting with a warm-up then a variety of stretches. Stretches flow into sustained poses, some core strengthening & ends with relaxing meditation.
Total Workout	An intense "Total Workout" using strength training, step, kick-boxing & fitness tools such as body bars, balls & bands to get you into shape.
Vinyasa 101	New to yoga? This class will introduce staple poses, teach you how to align your body, & give you tools & confidence to powerfully grow in your yoga practice.
Vinyasa Flow	A yoga practice of linking movement to breath. This class is great for beginners; as it is conservatively paced, and offers alignment cues for growing students.
Walk 2-B-Fit (Outside)	<b>SEASONAL:</b> Works all facets of fitness; cardiovascular endurance, muscular strength & flexibility. Walking/cross-training sneakers are needed.
Water Aerobics	<b>SEASONAL:</b> Water aerobics class combining 30 minutes of non-impact water workout with 30 minutes muscular strength & conditioning. <b>A small &amp; large size noodle &amp; towel are needed.</b>
WERQ	A non-stop cardio dance workout class with repetitive athletic moves and fresh dance steps based on pop & hip-hop music. Each week a couple of new routines are introduced.
Yin Yoga	Yin is an "on-the-floor" stillness & a meditative approach. There are a set number of poses done to help the body become more flexible & limber by holding stretches for a long period of time.