

Class Descriptions

We offer a variety of classes and schedule options. Our skilled instructors pay close attention to class participants to assure everyone is working safely and being challenged at their desired level. All classes are for ALL FITNESS LEVELS.

50+ Tues 8:30 - This low-impact class is specifically designed for the over 50 crowd. Both resistance and cardiovascular training and weight-bearing exercises are incorporated to improve mobility and the quality of your life during the "golden years".

BOOTCAMP Mon 6:00am/Tues 9:30 - FOR ALL FITNESS LEVELS This high-intensity class is one-of-a-kind, offering you challenge and visible results. It is fun and each and every time, keeping your body guessing and sweating. You will see drastic improvement in cardiovascular and muscular strength, endurance and stamina, power and decreased body fat and overall toning.

PILATES Wednesday Wed 4:30pm and Fri 8:30am - FOR ALL FITNESS LEVELS Pilates is for anyone and everyone! Whether you are pre or postnatal, the newbie just starting out, or the seasoned athlete, this class will improve your appearance, your everyday tasks and even your sport. Focused core and flexibility work and are just a few of the numerous benefits.

BLT/BOOTY/LEGS & THIGHS Wed 5:30pm - FOR ALL FITNESS LEVELS Class will change every 8 weeks. Programmed to tone and lift those problem areas while burning overall body fat, will leave you leaner and stronger with your pants fitting better!

ARMS N' ABS Fri 9:30am - FOR ALL FITNESS LEVELS Class will change every 8 weeks. Improving overall muscle tone WILL increase your metabolism! Focused resistance training for sculpting the upper body and cardio for melting the fat off to reveal the arms you'll be proud to wear a sleeveless shirt in and a flatter more toned mid-section!

KETTLEBELL Fri 6am – Class begins with “understanding the kettlebell”, learning basic movements and form. Class will progress and each month will offer new kettlebell challenges.

HIIT (High Intensity Interval Training) Mon, Thur, Fri 5:00pm – Elevate your heart rate, build muscle, burn calories! Variable intensity rates with timed recovery periods set the pace for this class. Always different, always a challenge. Full Body workout every class

YOUTH PERFORMANCE Mon/Fri 3:00 – This class will focus on improving speed, strength and flexibility to enhance overall performance in life and sports. This class was developed for the needs of middle and high school students.

ZUMBA Mon/Wed 9:15, Tues 4:30 – The Zumba® program is a fitness party with a contagious blend of Latin and international rhythms that provide an effective workout.

