

All Group Fitness Classes are offered by Certified Instructors, Personal Trainers.
Barb, Dawn, Lisa & Natasha

20/20/20:

Variety of combinations left up to the instructor to accomplish 20 minutes of cardio; 20 minutes of toning; 20 minutes of flexibility.
Recommended for all.

CYCLE-CIRCUIT & CYCLE ABS:

Advanced challenging cardio circuit workout that incorporates sport specific drills, plyometrics, agility & strength utilizing the cycle, steps and floor. Cycle Spinning with abdominal workout intervals.

FIT MIX:

Intense cardio plus weights to tone your body. All are Welcome.

GET F.I.T.! : Fierce Intense Toning! All are welcome.

GET RIPPED:

Advanced, fast pace, high energy, muscular endurance class!

KETTLE BELL:

Use of kettle bells for a great toning workout. All levels welcome.

PUMP:

This advanced challenging vigorous 60-minute class is packed with intensity for real results. Incorporating body bars, hand weights, steps & resistance tubing..this class works every major muscle group for a whole body workout.

STEP :

Moderate step moves with an intense cardiovascular workout; Step remains horizontal with less complex travel combinations.
Recommended for all.

S.E.T.: (Strengthen, Endurance, Tone) Strength training class that will increase metabolism & preserve & maintain your lean muscle mass. Open to all levels of fitness.

PI YO: A combination of Pilates and Yoga..All are welcome.

POWER YOGA:

Yoga poses at a faster pace with a strong emphasis on stretching and balance work. Recommended for all.

X:

Advanced High intensity cardio workout guaranteed to make you sweat and burn calories!

YOGA:

Traditional Yoga poses with a strong emphasis on stretching and balance work. Recommended for all.

ZUMBA:

Zumba combines latin rhythms with cardiovascular exercise to create an aerobic routine that's fun and easy to follow. Zumba uses a variety of styles including meringue, salsa, mambo, rumba and more. All welcome..

ZUMBA GOLD:

Zumba combining latin rhythms and a mixture of cardiovascular exercise. Recommended for all with emphasis on beginners and slower paced.