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**Aqua Fit: Core & More:** This moderate class focuses on balance, toning and stretching exercises to build your core by strengthening your abdominal muscles and lower back. Your instructor will guide you through a series of exercises

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**Aqua Fit: Fluid CardioCore:** This moderate to high intensity aerobics class is a total-body challenge. This is an interval style class that uses water-resistance and various pieces of equipment to make your heart pump, strengthen your core and give you a fantastic workout to start your day!

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**Aqua Fit: Hydro Hit:** This high intensity class will challenge your cardio, strength and endurance in an hour long push set to energetic music. Perfect for athletes looking to cross train and anyone wanting a fun, total body workout. Bring plenty of water and get ready to sweat!

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**Aqua Fit: Morning Splash :** Rise and shine friends, this moderate, total body work out is designed for participants looking to challenge their shallow water work-out. Using all muscles in a functional way, this class will improve your cardiovascular fitness and expand your range of motion.

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**Barre Fusion :** A moderately paced core workout, combining standing core exercises, Pilates, ballet barre, and dance based moves. A challenging, total body workout targeting your small muscles. Great for balance, developing strength and injury prevention.

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**Body Rock:** A high energy, full body strength moves incorporating traditional exercises and multi-joint movements

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**Body Strength :** A moderately paced strength routine that will cover full body exercises, similar to our BodyPump classes.

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**BodyPump:** The original high energy pre-choreographed barbell class that strengthens your entire body. This endurance-based strength workout, challenges all major muscle groups

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**Cardio + Barre:** A moderately paced cardio and core workout, combining easy rhythmic moves and standing stabilization strength exercises on the barre.

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**Cardio Strength :** A moderately paced workout that could use body weight, stability balls, the BOSU or light hand weights for a high repetition strength training with bursts of cardio to increase your heart rate

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**Country Heat :** A high energy, nonstop cardio class made up of simple country line dancing-inspired moves, combined with red-hot country music. With no complicated choreography to learn, it's accessible to participants of all ages and fitness levels.

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**Cycling :** Our cycling classes are designed to challenge all levels of riders. The class focus differs per instructor, and is self-paced, but is generally considered to be an interval cardio workout

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**Functional Conditioning :** A high energy workout to prepare for the general challenges that accompany all sports and activities.

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**Gentle YoFlow:** A self-paced class where a variety of mat, seated and standing poses (asanas) with modifications given for students to work at all levels. Reset with energizing breath work and inward reflection.

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**HIIT:** High Intensity Interval Training alternates between intense burst of cardio or strength training and fixed periods of less intense exercises or a resting periods. Each class varies in format but is no longer than 45min long!

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**Mat Pilates :** A moderately paced mat class with focus on core stability, correcting muscle imbalances, improving range of motion, strengthening and balance.

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**PIYo:** A moderately paced class with high and low intensity options throughout. A totally new take on core exercise, featuring dynamic, non-stop fluid movement using only body weight. A total body workout.

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**Step:** A high energy cardio class using the step. Moves can be modified for more or less impact.

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**Strength & Balance :** A moderately paced designed to balance and strengthen your entire body. These movements will help you gain postural alignment, balance, flexibility, stability and strength.

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**Strength & Core :** A moderate pace workout designed to work all your muscles and strengthen your entire body. This class works your core function, postural alignment, stability and strength

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**Tae Kwon Do:** A specific Tae Kwon Do membership is required to attend this class. Please see the front desk for additional information.

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**X-Training** : A high energy, cardio/strength format class taught in a boot-camp style. Large muscles are used to raise the heart rate and improve strength and endurance.

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**YoFlow**: A self-paced mindful class that incorporates a progression of balance, alignment, extension and full range of motion into your Yoflow of mat science.

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**Yoga** : A moderately paced class where a variety of pose modifications are given for students to work at all levels.

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