

CARDIO

STEP IT UP: Moderate intensity cardio workout using the bench.

KICKBOX COMBOS, KICK 639: High energy workout of kickboxing drills and combinations incorporating heavy bags. This class will work all 639 muscles in the body!

CORE MOTION: A non-stop cardio workout emphasizing functional movement, fat-burning and core strength. You'll be amazed at the intensity and results by using only a 4 or 2 pound medicine ball!

CORE PERFORMANCE: Improve agility and balance AND get your cardio workout by performing high intensity, functional exercises using various core-stabilizing tools and the bench.

TRIPLE THREAT: Take the boredom out of your workout but keep the intensity high & the complication level low! 20 minutes of cardio floor work, step and muscles.

ULTIMATE CONDITIONING: An invigorating, fast-paced class that will improve strength as well as endurance.

CARDIO BOTTOM LINE: An invigorating cardio workout using the stability ball, bench and weights that will improve strength as well as endurance.

ULTIMATE CONDITIONING: An invigorating, fast-paced class that will improve strength as well as endurance.

Zumba®: An invigorating, Latin Style dance class of interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. .

CYCLE

CYCLING; THE WORKOUT!: An indoor cycling class that guarantees you a workout that will prepare you for race day; some of the techniques, specific ride profiles and drills are those used by competitive cyclists.

CYCLE EXPRESS TRAIN (+ ABS): Cycle to the BEAT! Pedal calories away while connecting to the rhythm of your ride. (+ Abs) includes 10 minutes of abdominal work after cycle.

POWER SURGE CYCLE: A cardio workout performed on a stationary bike based on sound cycling principles. Classes are technique based and/or real terrain based and thus, focus on cadence, heart-rate zones, drills, climbs & sprints that can make an unpredictable ride that is fun and challenging.

ENDURANCE ROAD RIDE: An hour-long cardio ride designed to build muscular and cardio endurance to improve performance in the studio and on the road.

CYCLE TECH: Indoor cycle class with a technical edge. Instructor will coach you through heart rate training and cycling techniques (pedal stroke, positioning and breath) that will take your workout to the next level.

SCULPTING & STRENGTH

DRILL MAX: An intense and athletic cardio class that challenges you in a different way every time you take it! Be prepared to use ALL varieties of cardio & strength equipment. Guaranteed you'll be challenged!

MUSCLES: A Total Body Workout class for all levels. This class is for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session

MUSCLE CUT: Take our traditional muscle class up notch by incorporating cardio bursts between sets in your weight workout.

2 GUNS AND A SIX PACK: Upper body strengthening and toning follow by abdominal work to build core strength and tonality.

HARDCORE ABS: 15 minutes of core/abdominal work.

TOTAL BODY: Full body endurance weight workout using small weights

PILATES

PILATES (CLASSIC): Foundation class for Pilates training. An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & agility

PILATES (CONTEMPORARY): Classic Pilates workout with a contemporary twist.

YOGA

ASHTANGA IMPROV YOGA: Follow the yogini in a sequence of asanas (postures) known as the Primary Series. This sanskrit-based class forms the foundation for the athletic vinyasa yoga practice.

POWER YOGA: Excellent introduction to the flowing, energizing Power Yoga style. Power Yoga is a method that links many poses in one continuous sequence. When you practice Power Yoga, you develop great strength and stamina, as well as flexibility and muscle control. This brisk workout teaches elementary yoga poses and the transition movements that link them into a flow

VINYASA CORE AND BREATH: Move from introductory poses into a fully integrated, flowing, athletic yet accessible practice in this open-to-all levels class.