

CARDIO

C.S.I.: CARDIO STRENGTH INTERVALS: This class is a variety of functional movement designed to build strength, increase flexibility and increase endurance. Intervals will use the bike, hand weights and body weight to improve metabolic conditioning with conditioning exercises intended to increase the storage and delivery of energy.

CARDIO STEP/WEIGHTS: Moderate intensity cardio interval workout using the bench and weights.

KICKBOXING: High energy workout of kickboxing drills and combinations incorporating heavy bags and floor work.

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. .

Super Fusion : Build your aerobic base with athletic cardio moves then push your anaerobic threshold with muscle endurance work. This class will push your limits and give you desired results of increasing cardio and muscle endurance.

HIP-HOP Dance: Try some of the latest dance moves for fun and for fitness!!!

Cardio Fusion/Core Circuits : Cardio Drills with the step, plyometrics, body weight drill, had weights, then finish with core circuits using the gliders and the body bar.

CYCLE

BREATHLESS: THE RIDE!! Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

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

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.

GET RIPPED AND RIDE!!! Turn your cycling workout into a full-body sculpt workout. This class incorporates core and arm exercises (lifting light weights of 1 to 2 lbs. for high reps) as your legs are spinning.

SCULPTING & STRENGTH

DRILL MAX: An intense and athletic circuit class that challenges you in a different way every time you take it! Be prepared to use ALL varieties of 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 higher repetitions that adds a cardio element 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.

8 Pack ABS: An intense, non-stop, and high rep workout that will work every part of your superficial and deep abs, obliques, and back. Get ready to be sore and want to come back for more!

HARDCORE ABS/AB BURNER: 15 minute drills for core/abdominal work.

TOTAL BODY: Full body muscular endurance weight workout using light weights

PILATES

PILATES MAT: 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. Can be done with body weight, and weights and or additional equipment.

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: 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.

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