Cardio & Strength

- **Buttz & Gutz**: A class specific for strengthening and toning all the muscles of your lower body and core. (All levels)

- **Cardio Hip Hop**: It’s a hip hop dance party and cardio workout all built into one electrifying and lively class. (All levels)

- **Extreme Core**: An intense workout to strengthen the core and back muscles. (All levels)

- **Fight Night**: A cardio combination of dance and kickboxing for a fun, yet vigorous workout. (All levels)

- **H.I.I.T Fit**: (High Intensity Interval Training): A high-intensity workout that focuses on full body strength conditioning paired with cardio bursts. (Intermediate/Advanced)

- **Jump Start**: A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low impact)

- **SHINE**: A dance fitness program rooted in traditional jazz, ballet, and hip-hop that ensures a high energy, full body workout through simple yet-effective choreography. (All levels)

- **Total Body Toning**: A format that brings weight training and body sculpting to your whole body by using barbells, body weight, and various training equipment. (All levels)

- **STRONG 30**: A high intensity class that combines body weight training, muscle conditioning, cardio, and plyometric exercises synced to original music that has been specifically designed to match every exercise. (Intermediate/Advanced)

Mind & Body

- **Barre**: A blend of ballet-inspired exercises Pilates, yoga, and functional training to create a muscle burning sensation in your arms, abs, and legs. (All levels)

- **Mixed Levels Yoga**: This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. (All levels)

- **Pilates**: A mind & body class focused on strengthening, lengthening, stabilizing, and isolating the deepest muscle of your core combined with breath work and movement will leave you feeling stronger and toned. (All levels)

- **Rise & Shine Yoga**: Our morning yoga to get your blood flowing and your heart pumping. (All levels)

Cycling

- **Cycle 45**: 45-minute indoor cycling class that challenges your endurance and enhances your cardio fitness in 45 intense minutes. (All levels)