**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)

**Dance Party:** With easy-to-follow choreography, rhythms, and steps from many styles of dance and music that will make you want to move, Dance Party feels more like fun and less like exercise. (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)

**Step Express:** This class uses different platforms to increase your heart rate and take your cardio to the next level, while having fun and listening to great music. (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 45:** 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)

**Power Flow:** Designed to take your practice to a new level. This class is for a participant that is looking to build more strength and mind/body connection. (Intermediate/Advanced)

**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)

**Cycle Fusion:** A 60-minute workout that is split between 30-40 minutes of cycling and 20-30 minutes of H.I.I.T. or strength training. (Intermediate/Advanced)