

High-Intensity

Chisel: Boot-camp style workout. Helps build muscle, strength and endurance

Dance Explosion: Unlike a traditional aerobics class, the movements are free flowing. No aerobic steps or weights just your dancing feet!

Early Bird Burn: Combination of burpees, weights, balls, steps and more.

High Fitness: Aerobic workout combining HIIT, plyometric and dance. No weights.

Kick Boxing: Combination of punches and kicks to strengthen and tone.

Muscle Mix: 30 minute full body workout with weights, bars, and bands.

Muscle Mix Plus: Cardio, strength and speed for a 50 minute boot camp. Hit each muscle group in succession.

Resistance Training: A full-body sculpting class that uses body bars and dumbbells.

Rush Hour Release: A mix of cardio and resistance drills to build endurance and muscle.

Step Plus: Cardio workout utilizing steps and incorporating weights.

Tai Chi: For flexibility and balance.

Total Body Conditioning: Cardio and core utilizing bars, weights and bands to strengthen and tone.

Total Body Sculpt: Whole body workout incorporating dumbbells, bands, tubes, exercise balls and body bars.

Zumba/Refit: A dance exercise class that is based on Latin rhythms.

Low to Mid-Intensity

Cardio Plus: Good for cardiovascular strength and flexibility. Total body workout.

Connective Stretch: Pain-free, movement-based stretching.

Core Combo: A combination of Yoga and Pilates.

Fitness Fusion: Fusing various exercises to double the benefit. Cardio, weights and bands.

Low Barre: 15 minute low impact and 40 minutes of hip, thigh, and abdominal movements.

Moving Right Along I & II: Increase strength, range of motion and skills needed for active daily living. MRA I is a chair exercise.

Posture Fit: Focus on strengthening your core, abs, and lower back muscles. Deep Stretching.

Posture Fusion: A mixture of Posture Perfect moves, Gentle Yoga, Mat Pilates, and abdominal exercises.

Posture Perfect: A class based on structural alignment through gentle stretches and exercises.

Retro Cardio: Low-impact aerobic workout.

Simple Sculpt: Combination of balls, bands and stretching exercises.

Strength n' Stretch: Combination of balls, bands and stretching exercises.

Tai Chi: For flexibility and balance.

Tone-to-the-Bone: Moderate cardio with weights, bands and balls.