Group Fitness Class Descriptions

Aqua Fitness: Improve your strength and cardiovascular endurance with this great workout that puts no stress on your joints.
Barre Burn: This class combines the elegance of ballet with the power of resistance training, using light weights to sculpt lean muscles and boost endurance. Expect precise, low-impact exercises that challenge your core, improve posture, and enhance flexibility—all set to energizing music for a full-body burn. *Appropriate for all fitness levels.*
Bells & Bands: A unique blend of exercises using resistance bands and BELLS (kettlebells, dumbbells & barbells) to accomplish a full body strength, conditioning & core workout. Tone, burn & sweat it out in 45 minutes flat! A baseline of fitness is needed to perform properly. *This workout is intermediate to advanced.*
BodyCombat™: Become totally unleashed in this empowering cardio workout that is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi, and Muay Thai. All levels welcome.
BodyBalance™: An athletic blend of yoga, Pilates, and Tai chi. This workout builds strength and flexibility, leaving you calm and centered.
BodyPump™: "Real Results Real Fast"! Designed for participants of all ages and fitness levels, this resistance training class is guaranteed to give you maximum results in the shortest time. Build strength, burn fat, and have fun.
Boxing Remix: This mixture of bodyweight exercises, cardio intervals, and boxing moves with the heavy bag will leave you feeling accomplished and ready for more! All levels welcome!
BUILT: Get BUILT with a unique blend of strength training exercises using varying bodybuilding techniques & NO choreography - in this class, you will be encouraged to work on lifting form, push to your own individual limits and sculpt the body like a pro! This class will focus on progressive overload and tempo training to enhance muscle growth. Body part focus will change from week to week: First week of the month: Legs/Glutes; 2nd Week: Shoulders/Chest/Triceps; 3rd Week: Legs/Quads; 4th Week: Back/Biceps/Core; 5th Week (if applicable): Core/Full Body
Cardio Sculpt: Cardio intervals combined with strength training segments. Variety of equipment used for a total body, high-energy workout.
HIIT 45: This exhilarating workout will leave you breathless and sweaty. Cardio intervals of plyometrics, dumbbell work and calisthenics will be followed by short periods of rest to keep your heart rate elevated and blood pumping.
Interval Boot Camp: Are you ready to push yourself outside your comfort zone? This workout consists of a warm-up, various rounds of high intensity intervals followed with short rest periods, abdominal work and cool down. *A base level of fitness needed to perform properly. This workout is intermediate to advanced.*
Mindful Motion: Reconnect the mind and body in this 45-minute fusion class that combines Tai Chi, yoga, breathwork, and movement. Relieve stress and improve balance/flexibility to realign yourself. Appropriate for all fitness levels.
Pilates Mat: Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.
Pilates Sculpt: This class not only strengthens and tones but stretches and lengthens areas the body. Focusing on postural alignment, strengthening and balancing muscles around the spine as well on focusing on core muscles.
UPLIFT: High energy, full-body workout set to hype music that keeps you motivated from start to finish. With a mix of cardio, strength, and mobility work, UPLIFT is designed for all fitness levels.
Stages Cycling: Stages flight is a dynamic multimedia fitness experience where entertainment meets training. This indoor cycling program features an interactive display system that allows each rider to work to their optimal training
level individually, rewarding effort at any level!
Step & Sculpt: Simple, heart-pumping step aerobics combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross training class for all skill and fitness levels.
Strength & Stretch: Build power and flexibility in one balanced session! This 45-minute class begins with 30 minutes of low-impact strength training to improve muscle tone and endurance and ends with a gentle stretching segment to enhance flexibility, release tension, and promote recovery. Perfect for anyone looking to improve strength, balance, and coordination! Great for beginners or those looking for a low-impact strength option.
Swim Fit: This workout-oriented swim class focuses on enhancing your technique and endurance in the water. Join us to simply improve stroke efficiency or to train for an upcoming event. All levels welcome.
The Barre Workout: Barre focuses on engaging specific muscles until they reach fatigue, followed by stretching to create long, lean, and toned muscles.
Total Body Burn: Prepare to work every muscle in this fast and fun 45-minute class! This class will focus on compound movements for power and strength combined with isometric holds for a well-balanced, full body workout. TBB is recommended for all levels and modifications will be given to increase or lower intensity.
HEATED YOGA Unlike traditional heating methods that warm the air in the studio, infrared heaters safely warm the body from the inside out, like the soft warmth on a sunny day.
The result is a comfortable and therapeutic heat that increases flexibility, circulation, stamina and detoxification. You MUST bring your own mat to all heated classes. Please make sure you hydrate before, during, and after class! Hot classes will be between 95-105 degrees. Warm classes will be between 83-93 degrees.
****Warm Bells & Bands**: This class will incorporate the use of dumbbells and bands to strength train, build lean muscles and sculpt the body! Instructor will lead the class through various timed intervals in a controlled temperature studio between 80-84 degrees to increase heart rate and warm the muscles to move faster. Class will end with some glute and/or abdominal work! Come ready to sweat, build, and tone! SHOES REQUIRED and bring a MAT!
****Warm Flow Yoga**: This practice of flowing posture sequences coordinated with breath will be set to a class temperature of 83-93 degrees. The gentle heat will allow for increased flexibility and circulation in a warm and relaxing environment.
****Gentle Yoga**: Gentle yoga takes a more restorative approach and combines Iyengar with Yoga therapy to focus on anatomical precision and alignment along with breath work. This class is designed to release areas of chronic tension thereby reducing mental and physical stress for all levels of participants.
****Hot Flow Yoga**: This practice is a more vigorous flowing sequence of postures coordinated with breath. The addition of infrared heat will provide increased calorie burn, increased stamina and detoxification. Class temperature will be between 95-105 degrees.
****Hot Pilates Sculpt**: Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.
****Warm & Hot Total Body Fusion**: Combined elements of calisthenics, yoga, and Pilates will strengthen and tone all areas of the body while increasing flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation.