

Aqua Cardio & Tone: 45-minute low-impact class is performed in deeper water and is designed to improve joint stability, coordination, heart health, and strength, using belts and water dumbbells.

Aqua Free Style: 45-minute low-impact class is performed in shallow water.

Aqua Tabata: 45-minute HITT (High Intensity Interval Training) workout in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds. Dumbbells and mini bands are used.

Aqua Arthritis: Slower paced with range of motion movements in the water, including your jaw and social time.

Danci-HIIT: Learn choreographed dances with segments of weight training. SEE YOU THERE!

Exhale Yoga: gentle yoga practice with a strength emphasis supporting stability & connection. Includes breathing techniques and simple mindfulness practices for your overall health and relaxation.

Fast& Furious Cardio and Cardio Strength Step: 45-minute fast paced class that uses the step, free weights, bands, bars and mat for a full body interval cardio and weight training. FUN!

Flex and Flow: 30-minute stretch class. A wonderful addition to your workout routine to stretch those muscles and ligaments.

HIIT: 45-minute class high-intensity interval training, keeps your heart rate up and burns more fat in less time of interval training using your body weight, free weights, bands, bars, and mats.

Indoor Cycle: 45-minute class in the cycle room of fun and sweat to music to keep you going.

Low Impact Cardio Strength: 45-minute class with segments that increase your heart rate with cardio and weight training. Then focusing on balance and stretching at end. The class uses mini-bands ,bands, weights and mats. You can modify for your level.

Outdoor Boot Camp: 45-minute class on the field and track using a mixture of traditional calisthenics and body-weight exercises, along with interval training, strength training, and other exercise training routines.

Pilates: 45-minute class designed to improve physical strength, flexibility, and posture, and enhance mental awareness. We use weights and balls in the beginning, then move to the floor for mat work.

POUND: Channel your inner rockstar with this 45-minute full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums with music. FUN!

Prime Time for Seniors: 45-minute cardiovascular workout focusing on strength training and flexibility moves, all completed using chairs for support while exercising using weights and bands.

Slow Flow Yoga: slow movement and breath work into a more active style of stretching and balancing known as vinyasa. You can expect Sun salutations, standing poses, as well as deep relaxing stretches on the mat.

Unhitched Barre: 45-minute group exercise class that is a blend of body weight training using mini bands, weights, and core exercise with a mat to work your whole body.

Yoga Strength: inspired from power yoga and vinyasa flow yoga with a boost of Tabata. Pumping, strengthening, and stretching, that will include lightweights to compliment your postures. We will start off strong then take a moment to relax and stretch the muscles.