



Army Physical Fitness Test (APFT): Use TRX exercises and running techniques to improve push-up, sit-up and 2-mile run time.

Art of Stick Fighting: Based on Filipino Boxing and Combat Martial Arts. Offers patrons a fun and exciting way to exercise while learning self-defense skills.

Belly Dance Fitness: Learn basic belly dancing moves while you burn calories and tone.

BeliRaq: Stretch, tone, sculpt your firm body while increasing your stamina and grace. Also promotes weight loss by burning calories and toning abdominals.

Boot Camp: High-intensity strength & cardio exercises will challenge your endurance while burning lots of calories. The quick workout takes you from one exercise to the next.

Cardio Kickboxing: A fun, high-energy class utilizing martial arts and boxing moves. Jab, cross, hook, uppercut & kick your way to fitness. For all fitness levels.

CIZE! Learn the hottest professionally choreographed dance routines. You'll be so focused on the moves and having a total blast, you'll forget you're actually working out—and losing weight!

Core & More: A strength-building class with an emphasis on core stability.

Cycling & Circuit: This class includes a combination of traditional indoor cycling class and a strength training muscle-conditioning class.

CrossFit: incorporates high-intensity interval training, Olympic weight lifting, power lifting, gymnastics, calisthenics, strongman exercises and other disciplines.

Elite Core Heat: Same as Tight & Tone Hard-Core with increased intensity on either resistance or repetitions.

Flexibility Improvement: Stretching exercises for the purpose of improving one's range of motion.

Freedom Friday Fun: Functional Fitness class, but you choose the parts you desire.

Functional Fitness: Mixed platform of exercises across the functional fitness spectrum using TRX and other fitness genres.

Half & Half Weight Training: Same as Head to Toe Weight Training, but focus on either upper or lower half only.

Head to Toe Weight Training: Total body strength training in group setting with accommodations to suit individual needs.

HIIT IT! Want to burn more fat than ever before? Come to this 45-minute high intensity weight and cardio class and get a total body workout.

Indoor Cycling: Whether you are an experienced cyclist or a weekend cruiser, cycling is a zero-impact, fat-burning, full-body cardio workout that allows you the flexibility to go at your own pace.

Insanity LIVE: An interval training class that requires participants to work as hard as they can for a minimum of three minutes with 30 seconds of rest in between.

Interval/Sculpting: Muscle-toning class that uses weight bars, exercise bands, or dumbbells to create a dynamic & effective fitness experience. Lift weights while in a group fitness setting.

Isometrics: Type of strength training in which the joint angle and muscle length do not change. Use non-combat martial art, punching, kicking, blocking, stands, and meditation for total body workout.

MIXEDFIT®: Dance to your favorite songs on the radio or that you would dance to at a nightclub. If you can do squats, jumping jacks and shake that booty, you will have a blast in class.

PILATES: Strengthen the center, lengthen the spine, build muscle tone, and increase flexibility, while eliminating excess tension and strain on the joints. Intensity can be increased over time.

PiYo®: Athletic-based fitness class that guides participants through a dynamic, flowing sequences that can burn serious calories. Lengthen and tone your muscles and increase your flexibility.

POWER YOGA: When practiced regularly, Power Yoga will help tone, tighten and rock your core. Challenge your balance, mobility and awareness—and be prepared to have fun.

RIP Training: Employs an innovative resistance cord system to create a variable, unbalanced load that enables you to develop core strength, explosive power, flexibility and endurance.

R.I.P.P.E.D. – The One Stop Body Shock™ is a total body, high-intensity style program utilizing free weights, resistance and body weight, and masterfully combines the components of R.I.P.P.E.D.

STEP: Step aerobics helps burn calories and fat. It also helps to reduce stress, promote restful sleep, strengthen muscles & gives the body a more streamline appearance.

Step & Circuit: This class includes a combination of cardio moves using the step bench and body-shaping, muscle-conditioning exercises.

Tight & Tone Hard-Core: Focus on core resistance and strength training.

Total Body Sculpt: Muscle-toning class that uses weight bars, exercise bands, or dumbbells to create a dynamic and effective fitness experience. Learn the fundamentals of weight lifting within a group.

TRX SUSPENSION: Simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. You're in control of how much you want to challenge yourself.

Warrior Performance Triad: Challenges you to enhance your health through sleep, activity and nutrition. Exercise to music from basic to advanced calisthenics and plyometric exercises.

Wellbeats Indoor Cycling: Experience our WELLBEATS™ video classes. Maximize calorie burn and increase cardio and muscle endurance with sprints, climbs, intervals, drills, terrain & technique training.

Yin Yoga: Join us for a gentle and soothing practice that emphasizes improving overall health and range of movement. We'll engage in a variety of sequences that challenge and enhance your flexibility and balance, while providing a relaxing and calming environment.

Yoga: A mind-body format that uses traditional yoga poses to increase flexibility, strength, and balance. Over time, yoga can improve participants' posture and ability to handle stress.

ZUMBA®: Dance fitness classes that are fun, energetic, and make you feel amazing. Low-and high-intensity dance moves to Latin-& World-based music give you a total body workout.

Zumba Toning: Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.