Aqua Zumba® - Intermediate/Advanced (Aqua Tabata)

This high-intensity interval training class combines 20 sec intervals of full body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear energy recovering and invigorated.

Core Zone Commotion® - Fun, Inspirational and Motivating Workout!

This cutting edge class combines body sculpting & stretching. Core Zone® combines functional movement patterns with upbeat rhythmic music. The 45 minute program will guide you through all 5 Heart Rate Training Zones. Each class will leave you feeling refreshed and invigorated!

Core Zone Commotion®

Price: $17.50

SIT & FIT

Your joints will unwind, your muscles will release, and you’ll feel energized. SIT & FIT is a low impact, yet high energy workout that will improve your balance, strength, and lower body tone. This class is perfect for those seeking to improve flexibility and to increase their energy recovery from this workout.

Ultimate Conditioning

Price: $15.00

Get it in this class! Easy to follow format includes athletic based movements, weight training, stretching and strength training. Bring out the athlete in you! This is a good option for busy schedules or new riders.

X-Fit + All Levels

This interval training class is designed for complete body strengthening, including core development. A variety of fitness tools including kettle bells, TRX resistance training, and functional body weight movements, will keep this class motivated and challenging. This class is perfect for those who desire a full body workout, for those new to Interval Training, or for those looking to improve their conditioning. This class provides the best of both from strength to cardio. Be prepared to work, burn fat and have fun!

As a certified Spinning® Club, our instructors and spin bikes are equipped to give you the highest quality workout possible. The program is designed to give all fitness levels a balanced and body conditioning workout. Please arrive early for bike set up and do not forget a towel and water bottle.

Spin and SpinXpress + All Levels

Effective interval training to improve your fitness level using the four energy zones. SpinXpress is a good option for busy schedules or new riders.

Spin Ozone - All Levels

Work on your fitness goals in this interval class! Build cardio and muscular strength by alternating bike time and resistance exercises. Great introduction to Spinning®!

Spin + Media Mix + All Levels

Fun spin class that passes the time with music videos, cycle tripp and DVDs discussions on various hot topics!

AquaTread® - Intermediate/Advanced (Aqua Tabata)

This interval training class combines full body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear energy recovering and invigorated.

AquaFit Fusion combines cardio, strength and flexibility in an express class format. Great for those new to Aquatic interval training who desire flexibility to create the most well rounded workout. (Depending on class size, the end of class may include a short cool down and water pool for stretching.)

Aqua Mash Up + All Levels

Cardiovascular workout using the water and various equipment, such as noodles and water shoes are recommended for aquatic classes. This class will leave you refreshed and invigorated!

Aqua Xpress + All Levels

This medium intensity class which currently combines a cardio component and muscle conditioning in one express workout! Participants will be worked from HEART TO HIPS.

Aqua Zumba® - All Levels

Known as the Zumba “pool party.” Splashing, stretching, twisting, even laughing, hooping and dancing your way to improvement with a new take on the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-aerobic, body-toning, and most of all, exhilarating beyond belief.

Core Zone Intermittent + Advanced

Price: $17.50

Beginner/Older Adult

Staying strong is important at every age. Build bone density and lower body strength using mats, balls, or foam rollers. Enhance your agility of body and mind.

Intermediate/Advanced

Agility for Life

Shimmy, twist and shake the pounds away in this fun, and exciting class. Why watch Dancing with the Stars when you can dance to it! This class will get your heart pumping while firming your muscles and activating your core!

Intermediate/Advanced

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This cutting edge class combines body sculpting & stretching. Core Zone® combines functional movement patterns with upbeat rhythmic music. The 45 minute program will guide you through all 5 Heart Rate Training Zones. Each class will leave you feeling refreshed and invigorated!

Hatha Yoga + All Levels

Hatha yoga is a form of yoga that incorporates breathing exercises, meditation and relaxation. A gentle form of yoga that is suitable for those seeking stress relief, relaxation, flexibility and strength.

Intended to improve the mind-body connection, with the aim of promoting relaxation, stress relief, and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variations that can be modified to meet your fitness goals.

Many of these modifications can be made to spine suppleness and to promote circulation in all the organs, glands, and tissues.

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