

Pro Class Descriptions

Les Mills GRIT™

30-minute high-intensity interval training (HIIT) workout designed with short rounds of high-intensity exercise followed by periods of strategic rest. You will increase aerobic fitness, grow lean muscle tissue, and burn calories for hours after you work out!

Les Mills BODYPUMP™

The full-body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. Based on THE REP EFFECT, BodyPump is a proven formula that exhausts muscles using light weights while performing high repetitions to developing lean, athletic muscle.

Les Mills BODYCOMBAT™

Empowering cardio workout where you are totally unleashed. Inspired by martial arts, BodyCombat draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai. You'll strike, punch, kick and kata your way through calories to superior cardio fitness.

Zumba®

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Gold®

Perfect for those who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Barre

Every Barre class is a fun and empowering class set to today's hottest music. Classes consist of warm up, a focus on postural strength and alignment and a series of upper body, lower body and core exercises. The ballet barre and ballet technique are used to sculpt the body, increase core strength and improve overall flexibility.

Mat Pilates

Pilates Mat Class is the floor work version of the Pilates method. Using your body weight as the primary source of resistance, class focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis, resulting in a strong, flexible spine with ideal posture and alignment.

Yoga

Treat your body with care as you improve circulation, focus on breathing techniques, meditation and leave feeling accomplished, refreshed and renewed.

Yoga Mix

Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This class provides a true fat-burning, low-impact matt workout that leaves your body looking long, lean, and incredibly defined.

Restorative Stretch

A series of gentle movements and stretches that will help your body recover from the built-up tension of living, working, and/or playing hard.

TBC (Total Body Conditioning)

A circuit style workout with a strength and cardio mix. You will work your body from head to toe. Each workout will keep you challenged and progressing toward your strongest, fittest self.

Active Aging Muscular Endurance

Build muscle, lift weights, and challenge your body in a fun atmosphere. This strength class is designed for all fitness levels and focuses on getting you stronger. Round out your workout with a series of stretches to help your flexibility, range of motion, and posture.

Active Aging Strength Circuit

Move through a series of exercises designed to improve muscular endurance and strength while also improving cardiovascular fitness, balance and flexibility in an encouraging social atmosphere.

TRX®

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Class participants will be closely monitored and instructed in Strength and or Interval Training sessions. This class meets under the TRX structure.

50:10

A high intensity full body Tabata style circuit workout that will incorporate resistance exercises and cardio bursts. This class will surely give you the full body workout that you need!

High Fitness

Aerobic is back! High Fitness is a fun fitness class that incorporates interval training with music you love and easy to follow choreography. This class produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.