

Aqua 20/20/20 – 60 minutes – All levels

Get 20 min of cardio, 20 min of strength and 20 min of core/flexibility in this one-stop workout shop! Prepare to work hard!

Aqua Cardio – 60 minutes – All levels

A variety of cardio exercises are combined to give you a non-stop water workout. Class starts in the lap pool, finishes in the therapy pool.

Aqua Core & Flex – 60 minutes – All levels

Engage your core and focus on strength, flexibility, and balance in the warm water therapy pool. Finish with gentle stretches.

Aqua Fusion – 60 minutes – All levels

Spend 30 min in the lap pool for some heart-pumping cardio, and finish with 30 min in warm water pool for core & stretching. Awesome!

Aqua Intervals – 60 minutes – All levels

A combination of strength exercises with aqua equipment and cardio bursts to keep you in tip-top shape. Class starts in the lap pool and finishes in the therapy pool.

Basic Strength – 45 minutes – All levels

Get back to basics with a full-body strength training workout. All muscles hit, big focus on form. Great for beginners through advanced!

Beaming – 30 minutes – All levels

An all new core & stability workout. Use the custom made BeamFit equipment and engage more muscles with each workout. Don't miss!

Belly Dancing – 60 minutes – All levels

A full body workout targeting the core, arms and chest while remaining low impact. Improve posture and grace while having FUN!

B.S.C.S. – 45 minutes – Beginner to Advanced

The name says it all! Get Balance, Strength, Core, and end the class with a refreshing total body Stretch. That's B.S.C.S.!

Cardio Combo – 60 minutes – Beginner to Intermediate

Everyone can benefit from this workout! Cardio & strength intervals followed by gentle stretching. Cardio format will be instructor's choice!

Cardio Kickbox – 60 minutes – All levels

A mix of cardio kickboxing and punching & kicking drills will leave you with a total body calorie burn! Come to class ready to work hard!

Core & Can – 30 minutes – All levels

This class will help you target your abdominals, back, hips and legs to create a stronger base of support for all of your activities.

Knockout Boxing – 60 minute – All levels

Come prepared to work! Take out your frustrations and aggressions on the heavy bags. Learn some self-defense at the same time!

Metabolic Circuit and KIDS Metabolic Circuit – 30 minutes – All levels

Try an efficient, 30 minute workout on our new Easyline equipment! Work with an instructor for 30 minutes and you'll get strength and cardio all in one stop. Make the best use of your time and get fit fast!

Pilates – 60 minutes – All levels

The pilates method of body conditioning promotes core strength and balance for people of all ages. Pilates is an exercise system focused on improving flexibility and strength without adding bulk.

Power Abs – 30 minutes – All levels

Target the abs in a variety of ways, with a variety of tools, and you'll sculpt the midsection you've been waiting for. Your abs will thank you!

Power Circuit – 60 minutes – All levels

Wake up with a great workout! This class includes various cardio and strength circuits designed to make efficient use of your morning!

Power Pump – 60 minutes – All levels

Come pump iron with us! Adjustable weight bar offers you the option of lifting 5 – 40 pounds during this high energy weight training class.

Resist & Flex – 60 minutes – Beginner to Intermediate

½ aerobics & ½ strength workout designed to boost your metabolism and get your heart pumping! Relaxing stretches finish the class.

RIPPED – 60 minutes – All levels

Resistance, Intervals, Power, Plyometrics, Endurance – Do it all in one 60-minute class! Work smart, get ripped.

Silver Aero – 45 minutes – All levels

Geared toward the mature, active adult, this class gets you up and moving with low impact cardiovascular work and fun, energizing music!

Spin Plus 75 – 75 minutes – All levels

Training on the bike, revved up. Class is taught following a power zone protocol to maximize your results. You'll work on endurance and fat burning in each class.

Spin 60 – 60 minutes – All levels

This high intensity stationary cycling class is designed to simulate outdoor cycling. Class is taught following a power zone or heart rate protocol to maximize your results.

Spin 30 – 30 minutes – All levels

A great use of your 30 minutes to get fit and strong on the bikes! Get a great cardio workout in half the time. All levels, including NEW!

Step Fusion – 60 minutes – Intermediate

A fun-filled but tough step workout! Lots of energy!

Super Pump – 60 minutes – Intermediate to Advanced

Our Power Pump class pushed to the max!

Turbo Step – 60 minutes – Advanced

For the experienced stepper! Fly around the step with fun choreography combined with a super fast pace to give you maximum results!

Yoga – 60 minutes – All levels

Move through various poses and enjoy the connection of mind and body through the use of breathing and relaxation techniques. Please bring your own yoga mat to class.

Zumba – 60 minutes – All levels

Wow! This Latin based aerobics class will get your heart pumping and your feet dancing!