

CLASS DESCRIPTIONS

AQUATICS	Aqua Fitness	An energizing and vigorous workout performed in shallow and deep water
	Aqua Yoga	Traditional standing yoga moves performed in water to add balance
CARDIO	Cardio Power	Body-weight workout combining increased heart rate, toning and strength
	Retro Cardio Stretch	A body-weight workout using basic rhythmic steps, functional movement and dynamic positions to increase range of motion
	Cardio Power Pilates	A low impact workout combining increased heart rate and focused core strengthening using balance and control
	Rhythmic Spin	Come join us for this rhythm-based spin class with a high energy playlist! This high-intensity class will target all muscle groups - building cardiovascular strength and endurance.
	Turn & Burn—Spin	Push yourself to the limit with this high intensity cycle class
	Zumba	A Latin-based dance workout that moves you from head to toe
MIND/BODY	Contemporary Pilates	A mid-level mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles
	Mat Pilates	A full body workout that tones, lengthens and strengthens the entire body
	Peaceful Yoga	Explore the physical and mental health benefits of yoga in a peaceful way
	Pilates Principles	This class focuses on restorative movements to improve posture, balance, and body alignment while setting a strong foundation for Pilates practice.
	Power Flow	A mixed level energetic flow to build strength, flexibility, endurance, focus and balance
	Reformer Pilates	The ultimate in range of motion, flexibility and strength with a reformer. This class works your core and muscles for a full endurance type of training. *Fee-based class*
	Slow Flow	A class holding postures longer to increase internal body heat providing an opportunity to focus on alignment, moving deeper into stretches, and focusing on breath work
	Vitality Yoga	Traditional Hatha Yoga with an increase of intensity and pace
	Yoga Biomechanics	Strengthen and stretch through biomechanics-based yoga. Move with curiosity through exercises and poses that leave you feeling stronger and more open and relaxed.
	Yoga/ Vinyasa Flow	A faster paced, fun, and challenging class focusing on building strength and endurance through a creative and mindful flow *All levels welcome*
	Yogalates I	Yoga and Pilates basics focusing on stretching, strengthening, balance and control. An excellent way to round out any wellness plan
	Yogalates II	Intermediate level Yoga and Pilates focusing on stretching, strengthening, balance, and control. The pace is faster and more dynamic than the level one class. Great for individuals looking to mindfully "level up"
	Yogapila	Connecting the asanas and mindfulness of yoga with the strength and postural awareness of Pilates
SENIOR	Hatha Yoga 60+ ^*	Hatha Yoga geared toward a less intense workout *Online registration required*
	Stay Young Through Fitness ^*	This class is geared toward the specific issue of aging through movement and breath. The focus is on form and positioning. *Online registration required*
STRENGTH	Barre Fusion	Combination of Pilates, yoga and barre mixed with cardio to strengthen, lengthen and tone
	Les Mills Body Pump	Cardio and strength training with light/medium weights using high repetition for maximum results
	Les Mills Core	A targeted core workout designed to improve core strength building a stronger, leaner body. The moves are simple, you choose the intensity, so it suits your fitness levels
	Les Mills Tone	Burn calories and build muscular power while improving energy levels, flexibility, balance, agility and core strength.
	Mat Fusion	A dynamic total body workout using all available equipment. Be ready to sculpt and tone your entire body
	Octane	High energy workout based on basic body weight exercises. Prepare to run, pull and push to the limit
	Spin & Strength	A combo class of spinning cardio mixed in with weights off the bike. Cardio & strength in one!
	Strength Training	A full-body workout that targets the major muscle groups of the upper and lower body. Build strength and tone muscles using a variety of equipment to leave you feeling toned and fit.
Total Body Reset	Stability and mobility training at its finest. Attention to detail in walking drills, balance and core work, weights, foam rolling and more...	