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 Power Body weight workout combining increased heart rate, toning and strength Retro Cardio Stretch A body-weight workout combining increased heart rate, toning and strength Retro Cardio Stretch A body-weight workout combining increased heart rate, and focused core strengthening using balance and control. Rhythmic Spin Comejoin us for this rhythm based spin class with a high energy playist! This high intensity class will target all muscle groups - building cardiovascular strength and endurance. Turn & Burm—Spin A Latin-based dance workout that moves you from head to toe Contemporary Pilaces A mid-teel mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles Mate Pilaces A mid-teel mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles Mate Pilaces A mid-teel mate class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles Mate Pilaces A mid-teel mate class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles Mate Pilaces A mid-teel mate class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles Mate Pilaces Peaceful Yoga Pilaces Principles This class focuses on restorative movements to improve posture, balance, and body alignment while setting a strengthen for pilace practice. Power Flow A mixed level energetic flow to build strength, flexibility, endurance, focus and balance Reformer Pilates Siow Flow A mixed level energetic flow to build strength, flexibility, endurance, focus and balance Siow Flow A class hadding posture slonger to increase internal bady heat providing an opportunity to focus on alignment, moving deeper into stretches, and focusing on breath work. Vitality Yoga Traditional Heath Yoga with an increase of intensity and pace Strength and stretch through biomechanics	CLASS DESCRIPTIONS			
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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,	SENIOR	Hatha Yoga 60+ ^*	Hatha Yoga geared toward a less intense workout *Online registration required*	
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