

AQUA FIT/AQUA BLAST A low impact class that incorporates a variety of techniques & equipment including hand-buoys, resistance bands, noodles and interval training to provide an entire body workout. Come see the benefits of water. *All levels are welcome*

LES MILLS BODYPUMP® is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights, with a lot of repetitions, you will get a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music helping you achieve much more than on your own!

CARDIO STRENGTH FUSION This class incorporates a variety of formats including, but not limited to, step, hi/lo and weights. *All fitness levels.*

C.S.C. (Cardio Strength & Core) A mix of moderate to high intensity cardio exercise with strength intervals using both body weight and free weights.

CARDIO KICKBOX In this cardio boxing class you will punch, jab, block and kick your way to a leaner, firmer and stronger body. *All fitness levels.*

CARDIO BARRE Barre class is a ballet-inspired exercise routine that combines yoga, pilates, dance, and functional training. This class can help you build lean muscle mass, strengthen your core, lose weight, and improve posture. In addition to using the bar, equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body will be used in class.

CHAIR YOGA Stretching, relaxation, and concentration exercises using a chair for support while coordinating breath with movement. *Great option for beginners and seniors*

CORE AND STRETCH A class that will focus on increasing core strength using body weight, medicine balls, loops bands and more, followed by a great stretch.

CYCLE Cycle classes are a high energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

DEEP WATER This is a totally suspended workout in the deep water. Classes use a variety of equipment including cuffs, belts, buoys and noodles

EZ CARDIO STRENGTH COMBO A mix easy to follow cardio, Strength, balance and more. Beginner/ Senior to intermediate level

FUNCTIONAL FITNESS A mix of Cardio, Strength and balance exercises to increase overall fitness. Beginner/Senior-to intermediate. All Welcome

FUNCTIONAL STRETCH- increase your muscle control, flexibility, and range of motion by combining dynamic static and myofascial release techniques

HIIT CARDIO High intensity Cardio drills mixed with body weight exercises.

HIIT & LIFT High intensity Cardio drills mixed with strength intervals using free weights.

HATHA YOGA The poses are held for a number of breaths allowing time for deep stretching and for experiencing the breath. This is a good place to learn basic poses and relaxation techniques to get you comfortable with Yoga.

Improve your balance-In this class you will learn skills and drills and evidenced-based tips and tricks that you can use to improve your balance and stability, all week long, in other classes and at home A chair will be available for support, Beginner level

Lower Body Blast – In this focused, 45 minute class you will use weights, resistance bands, med balls and more to increase strength and stability in these targeted areas April 4th

PIYO Live combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined. PiYo is a suggested barefoot format to strengthen the feet and conquer balance. Modifications will be given.

POWER VINYASA YOGA A vigorous, fitness-based, approach to Vinyasa yoga.

Piyo – This class combines the strength training—and body lengthening— aspects of Pilates with core training and stretching elements of yoga. It's low impact and adaptable to all ages and fitness levels. Unlike traditional Pilates and yoga sessions, PiYo is set up like a cardio class, designed to burn calories and make you sweat.

Lesmills RPM – Cycle classes are a high energy indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music.

STEP Utilizes basic step movements to provide a great aerobic workout. This class is for beginners and intermediate fitness level.

STRENGTH TO THE CORE A ½ hour combination of strength, core, and balance training to get you started with your day. This class is for beginners and seniors.

STRETCH AND SHINE A ½ hour of active stretching with range of motion exercises that will help improve your flexibility. This class is for beginners and seniors.

LES MILLS TONE™ If you want the optimal mix of strength, cardio and core training this is it. You'll complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

VINYASA YOGA Breath-synchronized movement. Vinyasa yoga transitions from one pose to the next in a smooth and flowing suited for anybody.

WELLNESS COMBO A beginner, all-around, class for health seekers. It includes low-impact cardio, strength, balance, flexibility and relaxation. Chairs are available for participants.

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