Circuit City
Hit every muscles group as you burn calories zipping through stations of different fitness equipment from the BOSU®, body bars, medicine balls, jump ropes, and more. Increase your stamina and endurance while you work on your strength.

Cycling
A challenging, heart pumping workout taught on our stationary bikes. You will climb, sprint, and train to create muscle tone in the legs while improving heart and lung function.

E:90X
This program will have you taking your workout to the EXTREME for 90 minutes! You will be challenged with a cardio (30minutes), strength (30minutes), and core (30minutes) workout all in one awesome class! Check out these high intensity workouts and witness your fitness improve!

HardCORE Abs
This class is the perfect core strengthening solution. Concentrated abdominal and lower back exercises are done at a pace that all participants can be successful. The strengthening exercises are followed by a restorative stretch that makes it all worthwhile.

Hip Hop
Get your body club ready in Hip Hop! Set to a booming music soundtrack, this class combines low impact aerobic combinations with a sexy mix of dynamic dance choreography to give you a killer cardio workout! This is your club when you’re not at the club!

INSANITY®
MAX Interval Training, high energy workout. This workout combines the fundamentals of interval training with the focus on building strength, endurance, and balance. You’ll work out intensely for 3-4 minutes and then rest for 30 seconds before beginning the next high-intensity segment. Great workout for ALL fitness levels.

Pilates
Based on traditional Pilates exercises, this class incorporates a series of movements to strengthen and lengthen muscles with a focus on body core.

Power Yoga
Power Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session. Plenty of options are given throughout each class so that you can modify and adapt to meet the needs of your body. This practice will sculpt and detoxify your body while awakening your mind. All levels, always!

Totally Toned
A non-aerobic total body strength training session using a variety of weights and other strength training equipment for a total body strength and sculpting class.
**TRX**
Not only push, pull, hang, and suspend your way to a stronger body with TRX but add a strength training element for the ultimate body sculpting and muscle toning.

**Turbokick®**
The hottest kickboxing class around! Turbokick® is the ultimate cardiovascular challenge that includes sport specific warm-ups, bouts of intense intervals, kickboxing, and specific strength and endurance training.

**Yoga**
Yoga is a blend of strength, flexibility, and power that is designed to improve health, performance and mental acuity of all athletes or individuals interested in improving their level of fitness.

**Zumba®**
Are you ready to party yourself into great shape? Lose yourself in the music of this fitness dance party inspired by traditional salsa, samba, and meringue music. This totally fun dance workout is easy-to-follow and a great cardio workout.