

CARDIO



Zumba Gold is Zumba with a low impact twist, perfect for people new to fitness and older adults. It combines Latin and international music with easy to follow dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.



SH'BAM™ is a fun-loving, insanely addictive dance workout— no dance experience required. Come as you are, leave feeling like a STAR! All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!



BODYATTACK™ Low Impact is a high-energy, sports-inspired cardio workout that will challenge you with strong, simple moves and pumping music. We focus on the low impact options to build strength and cardio stamina.



Zumba is perfect for 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!



Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt, hips, and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.



BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. You'll learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.



BODYJAM™ is the ultimate combination of music and dance! House, Hip-Hop, Drum 'n' Bass, Trap, and all styles of electronic dance music. It's the soul of BODYJAM™. Lose yourself in the sensation and just DANCE!



BODYATTACK™ is a high-energy, sports-inspired cardio workout with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.



Les Mills GRIT® is a 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plate, and body weight exercises to blast all major muscle groups.

STRENGTH



Beginning Strength uses low intensity strength training to improve muscle, bone, and joint strength while helping to develop overall stability. All exercises can be modified, and all fitness levels and abilities welcome!

PURE STRENGTH

Improve joint strength and balance with simple exercises designed to improve your overall strength and stability using a variety of equipment. This class is designed for those looking for low impact strength building with a medium to high intensity feel.

Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture and enhance mental awareness. This 45 minute class will concentrate on strengthening the body with an emphasis on core strength, improving general fitness and overall well-being.



Les Mills Shapes is an invigorating blend of Pilates, Barre, and Power Yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment, and increase flexibility. It's a low impact but intense way to heat up your training.



This class incorporates Pilates principles as we use a variety of tools to build strength, stability, and balance. This 45 minute class will concentrate on strengthening the body with an emphasis on core strength, and will help to improve general fitness and overall well-being.



This class focuses on correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers to target the abdominals, obliques, hips, butt, lower back, and more!



Les Mills Strength Development will build muscle, improve technique, and grow your confidence so you can train more powerfully in the studio and on the gym floor. This is a 12 week progressive workout that focuses on building strength.



Cross-training involves combining exercises to work various parts of the body to eliminate imbalances that can arise when we focus on one particular activity. This class will help you to improve overall performance by combining strength, power, endurance, and plyometric components.



Using light to moderate weights with lots of repetitions, BODYPUMP™ gives you a total body workout creating rapid fat-burning results while building strength and endurance. You'll leave the class feeling challenged and motivated, ready to come back for more!

CYCLE



Group Cycling classes combine energizing music with a unique fitness workout for powerful results. You get all the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting.



RPM™ is a group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping and the group spinning as one, your Les Mills™ instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time.



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

MIXED



Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape.



Our ballet workout classes introduce the foundation of ballet and focus on developing basic technique with emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body (epaulement), and use of arms (port de bras).



This 45-minute strength and conditioning class is perfect for all levels. SWEAT provides an excellent balance of both anaerobic and aerobic work focusing on total body functional movements.



Strength & Conditioning is a 45-minute muscle building class using a mixture of dumbbells, resistance bands, and body weight exercises to sculpt and define arms, back, legs and glutes.

MIND/BODY



Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.



In this class, learn how to practice finding stillness using the tools of posture and breath. Part education, part experiential, and part discussion - be guided through many different aspects of mindfulness and meditation, while receiving support for whatever comes up for you along the way.



Renew your mind and body through simple and gentle movements. This class is perfect for anyone looking to improve flexibility, great for all fitness levels. Yoga Level 1.



Renew your mind and body through simple and gentle movements while holding longer stretches and poses. This class is perfect for anyone looking to improve flexibility, great for all fitness levels. Yoga Level 1.



Already familiar with yoga basics and want to deepen your practice? Learn about yogic philosophy-uniting breath, movement and meditation, and how to go farther into postures while building stamina and core strength. Yoga levels 2-3.



Using postures such as Sun salutations, planks, down dog, warriors, chair pose, etc, participants will enjoy an easy to follow, yet challenging flow workout that is sure to raise the heart rate and challenge both those new to yoga, as well as those that have been attending classes for some time.



Incorporating light weights with yoga poses, this class promises to challenge those looking to increase flexibility and strength. With an emphasis on core strength and stability, each class will focus on form as we activate and strengthen the muscles in our bodies.



BODYBALANCE® is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. BODYBALANCE brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



Kids Yoga is a 45 minutes class just for kids ages 5-11, where we play games, introduce basic yoga poses, and incorporate gentle lessons in teamwork and respect. Parents are welcome to attend or leave their children with the instructor.

All group fitness classes can be modified to all levels and intensities from beginner to expert.

