BOOTCAMP
Boot camp is a class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

BARRE BURN*
Total body workout that utilizes the ballet barre to perform small, isometric movements, which burn fat and sculpt muscles concentrating on hips, thighs, glutes, abdominals, and arms.

CORE STRENGTH
A half hour of intense core work. Set to upbeat music, you’ll work your entire core and learn new exercises to help sculpt the body! This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

GENTLE YOGA
This is a great class for those brand new to yoga or anyone wanting to move gently, stretch and breathe! Each class will include breath work, basic standing postures, stretching and relaxing with emphasis on linking breath and movement. Additional elements including self-massage and meditation may be incorporated depending on the needs of students in each class.

HARDCORE
50 minutes of high intensity interval training combining cardio, strength and core with body weight and/or dumbbells using various protocols to keep you on your toes and not watching the clock.

H.I.T
A step interval class utilizing a variety of combinations. Be prepared to have your heart rate elevated!

KICKBOXING
A non-contact kickboxing class utilizing basic kicks and punches on a heavy bag.

PIYO®
PIYO is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. All ability levels are welcome

PUMP IT UP
Pump It Up is a weight lifting and cardio class designed to tone and strengthen the entire body, and enhance the personal fitness.

SPINNING/WARRIOR RIDE*
A fun and upbeat cycling class for people of all athletic levels. Get ready for a workout of hills and interval training that will get your body in shape!

TABATA
This class is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems, something that regular cardio workouts usually don't do.

TRX® Suspension Training**
A revolutionary total-body fitness program that uses gravity against the individual’s own body weight to simultaneously develop strength, balance, flexibility and core stability.

WARRIOR WORKOUT
Warrior Workout is a combined challenge of muscular strength and cardiovascular endurance. Test your ability to exert maximum muscle effort for an extended period, while the entire body is put to the test. All-out efforts, intense fun, 45 minutes.

YOGA
This class will incorporate sun salutations, flexibility, strength and balance. Students will flow through various sequences while linking movement to breath, with focus on form and alignment.

YOGA CORE
Yoga core is a yoga class that will infuse breath work and positive affirmations along with more core exercises and some interval work to warm up the body. Ending with balance and stretching.

ZUMBA®
An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-class. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. NO DANCE EXPERIENCE NEEDED!

Schedule subject to change

* Indicates class size is limited in number. Each class will be open to registration 1 hour before its start time through the IMLeagues app on the app store. Find the Fitness tab under the Network feature on the bottom of the screen, find the class then register!