

STEP - Looking for a challenge while having fun at the same time? Then come join us in a step class with easy to follow combinations for a great cardiovascular workout. Utilizing an adjustable step you can bring your workout to new heights. Space is limited so get there early.

Step n Sculpt

60 minutes of STEP with strength training for an overall total body workout. (All Levels)

Power Sculpting w/bags- Perform punches, kicks and sweat a lot. Plus sculpt your muscle free weights, bands, balls and plenty of floor routines to sculpt your entire body. It is fun and also burns a lot of calories.

Cardio Power Pulse - A mix of three of the following: High -Low Aerobics, Kick box, Step, boot camp drills, floor work, Pilates, exercise balls, weights, or flex bands. A non-stop rotation!! This class is guaranteed to burn fat!

Body Sculpt - A great class to compliment your cardio workout, we will be training with free weights, bands, balls and plenty of floor routines to sculpt your entire body.

Pilates – This class will take you from basic to advance mat exercises that will increase your body’s strength, flexibility and stamina. Modifications are shown for all exercises, which makes this a great class for people of all fitness levels.

Instructors Choice

Exciting NEW class. Different instructor every Monday, different class. You never know what your going to get. Step, Body sculpt, Kick boxing.....

YOGA BASICS

Begin or continue on the yogic path with this class that will stress alignment, breath, connections and deportment. Improve your flexibility and build strength. Leave with a deeper sense of self.

Sun Set Yoga

A quieting evening practice, this mixed-level Hatha Yoga class is intended to promote tension release and equanimity.

Learn how to mindfully let go of the day with acceptance and peace, prepared for a sound, healthful night of sleep.