

30-MINUTE CORE: Attack your core from every angle along with upright movements and floor work. This combination of exercises requires your core muscles to work in all three planes of motion. Improve core strength to help your body move better!

BALANCE & STRENGTH: Train and slow down the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention, and balance. Enjoy practical exercises and approaches for training brains and bodies. Use of a chair is optional for this class.

BARRE: Low impact moves with light weights, this variable intensity workout blends strength, balance, and cardio. Mindful movement exercises lengthen your muscles, strengthen your core, and safely reshape your entire body. Non-skid socks, bare feet, or gym shoes can be worn.

BARRE FUSION: Barre Fusion is a fun, high-energy class that combines ballet-inspired movements, strength training, and cardio bursts to tone and sculpt your body.

CARDIO STRENGTH: This class incorporates both high- and low-impact cardio moves, intermingled with exercises that target and strengthen various muscle groups. This class may utilize different methods including HIIT, Tabata, and weight training.

CHAIR YOGA: Practice yoga in a chair. Gently strengthen your spine and core, while increasing flexibility and mobility. Takeaways from this class are relaxation and improved balance.

CIRCUIT TRAINING: A dynamic workout combining strength, cardio, and endurance. Participants will target different muscle groups, with options for all fitness levels. It's a full-body workout designed to build stamina, strength, and agility.

CORE: 30 minute attack on your core from every angle along with upright movements that require core muscles to work in all three planes of motion. Improve core strength to help your body move better!

CYCLE: A cardio endurance workout for both the novice bike riders and the hard-core bike riders! Simulate pedaling over flats, hills, and jumps that build leg and abdominal strength. You will sweat in this class and a water bottle should be on hand to keep you hydrated.

CYCLING FOR EVERYONE: A spin class designed for everyone! A perfect fit for those looking for a low-impact cardio fitness class. This class accommodates those new to indoor cycling, active adults, seniors, and athletes looking for a recovery ride. It's time to Ride!

LATIN HEAT: This is a full-body cardio class where the fun of exercise is about the music! It is all about the exciting rhythms of Latin music and Latin moves of salsa, merengue, bachata, chachara, and more.

LESMILLS BODY COMBAT: A total-body workout where you'll punch and kick your way to fitness, burning up calories along the way. This high-energy martial-arts-inspired workout is totally non-contact, and there are no complex moves to master. A certified Les Mills™ instructor will challenge you to up the intensity and motivate you to make the most out of every round. You'll release stress, have a blast, and feel like a champ!

LESMILLS BODYPUMP: A total-body workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health. World-leading instructors will coach you through the scientifically-backed moves and techniques, pumping out encouragement, motivation, and great music—helping you achieve much more than on your own!

LUNCH CRUNCH: Looking to get a quick workout in during your lunch hour? This full-body workout will include cardio moves with intervals of strength-building moves. This class is a convenient and efficient workout for all levels!

ON THE BALL: Challenge your balance, strength, and core stability in this fun and dynamic class using Swiss balls! On the Ball combines a variety of exercises to improve coordination, flexibility, and overall body strength. Engage your core and target multiple muscle groups with movements designed to build functional fitness and enhance posture. Perfect for all fitness levels, this class offers modifications to ensure everyone feels supported and challenged. Come ready to have a ball while improving your fitness!

PILATES: Stand taller; learn the fundamentals of Pilates mat work. Based on the method of Joseph Pilates, this class works your powerhouse (your core) and makes gains in balance, strength, and flexibility for the entire body. Props may be included to assist in movements.

PEDAL & PUMP: Get ready to ride and strengthen in this high-energy class that combines the best of cycling and resistance training! Start with a heart-pumping cycling session to boost your cardio endurance, followed by off-the-bike strength exercises using weights, bands, and bodyweight movements to tone and sculpt. This dynamic class is perfect for all fitness levels, offering modifications to suit your needs. Pedal and Pump will leave you feeling accomplished and energized!

POUND: Channel your inner rockstar with this full-body cardio jam session! Using lightly weighted drumsticks, you'll drum to the beat while combining cardio, strength, and rhythm for a fun and energizing workout.

POWER PYRAMID: This class is all about the reps! Nine exercises performed in an interval-style training that builds strength and power with a cardio boost. Guaranteed to get you moving and blast calories. Modifications will be shown for all moves, and it is encouraged to go at your own pace. This is a great class option for all levels!

SCULPT: Reshape your body and strengthen the musculo-skeletal system. Calories will be burned hours after this class as the body goes through its process of rebuilding the muscle fibers! Learn proper form and execution and strengthen your body using body bars, dumbbells, flex-bands, and more!

SILVER SNEAKERS CIRCUIT: A dynamic workout designed for active older adults, combining cardio and strength training in a fun and supportive environment. This class alternates low-impact aerobic movements with upper-body strength exercises using hand-held weights, elastic tubing, and an exercise ball. Modifications are offered to accommodate all fitness levels, ensuring a safe and effective workout for everyone.

SILVER SNEAKERS CLASSIC: A foundational fitness class designed to improve overall strength, flexibility, balance, and coordination for active older adults. This low-impact class focuses on enhancing functional fitness through the use of light hand-held weights, resistance bands, and an exercise ball. Participants will engage in seated and standing exercises with modifications available, making it accessible to all levels.

STEP & TONE: Step up and burn those calories in this cardiovascular workout that will keep you moving and motivated. Do not be intimidated, the instructor will give the repetitions needed to practice before moving on. Wrap up this class with some toning exercises to create muscular definition in an atmosphere that is positively fun!

STRENGTH KICKBOXING: Unleash your inner power in this high-energy class that combines the intensity of kickboxing with the benefits of strength training. Strength Kickboxing integrates punches, kicks, and other martial arts-inspired moves with resistance exercises to build muscle, improve endurance, and boost overall fitness. This full-body workout will leave you feeling strong and empowered while torching calories and relieving stress. Suitable for all fitness levels, with modifications provided to ensure everyone can participate and thrive!

TOTAL BODY CONDITIONING: This is an all-in-one complete body conditioning class, focusing on using simple equipment with an interval training style to improve cardio, agility, strength, and balance. Appropriate for all ages and fitness levels. Whether you're a group class veteran or brand new to the gym, TBC will benefit you!

WERQ: WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. Our mission is to create a judgment-free dance space built on good vibes, a great sweat, and a supportive community.

WERQ LIKE A BOSS: WERQ Like a Boss combines dance for cardio, resistance training for strength, and stretching for mobility. The first half of the workout is WERQ cardio dance, and the second half is dedicated to resistance training, core work, and flexibility. It's everything you need in one hour to get back to being the CEO of your health and wellness!

YOGA: Find the beauty and balance that is Hatha Yoga. Experience the original and timeless mind and body practice. With internal focus come significant improvements in balance, flexibility, strength, and circulation. Calm the mind with breathing and meditation techniques that yoga has to offer.

ZUMBA: Ditch the workout and join the party! Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

ZUMBA GOLD: Easy to follow low-impact moves for the beginner participant and the active older adult. Calorie burning dancing that emphasizes the basics of Latin and International dance rhythms. This class is friendly and fun for all!