ABS: A core workout that focuses on toning and defining abdominals - helping to maintain good posture and a healthy back. All levels welcome.

BUTTS N' GUTS: This class focuses just on your lower body! Sculpt, shape, and strengthen your abdominal, glutes, and thigh muscle groups in this lower body targeted workout.

DANCE FIT: This class is so fun, you won’t even realize you are working out. Previous dance experience is not required. Be ready to move, shake and have a blast!

INTERVAL TRAINING: This action packed class combines cardio and strength training intervals to help you increase speed, strength and endurance. Be ready to sweat and burn some calories while having fun!

KICKBOXING: Punch and kick your way to a super fun cardio workout. This class focuses on proper kickboxing technique and combos that will keep your heart rate up! No previous kickboxing experience necessary.

PILATES: This system of physical conditioning involves low-impact exercises and stretches to increase flexibility, strength, balance and body awareness. All fitness levels are welcome.

SPIN/30 MINUTE SPIN: Take your cardio workout to the next level with one of our great Spin classes. You control the intensity of the workout which makes this class great for all fitness levels.

SPIN & STRENGTH: We like to switch things up by getting cardio on a spin bike and resistance training with weights. Classes are 30 minutes of spin and 30 minutes of strength or are taught interval style. Either way, the best of both worlds!

RYTHMIC SPIN: This upbeat and motivating spin classes relies heavily on the beat of the music to determine the tempo and intensity of the ride. Be ready for great music and a high energy workout!

RESTORATIVE YOGA: The main focus of Restorative Yoga is that relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental and emotional relaxation. Restorative yoga classes are very relaxing and slow paced.

YOGA: Use this mind and body practice to decrease your stress levels. Yoga combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being. All levels welcome.