

FITNESS CLASSES

20/20/20	Three 20-minute long segments of cardio, strength, and core training. Burn fat, blast calories, sculpt lean muscle, and achieve your body's peak performance level.
Ballet Booty Challenge	Full body sculpting class with emphasis on lower body, glutes, core, and balance.
Ball Max / On the Ball	Core intensity class utilizing stability balls and free weights / low-impact core class
Barre Strong	Improve strength, balance, and posture using weighted body bar and ball.
Barre-Zen Pilates	Pilates and yoga workout using weighted bars, discs, bands, and light weights to improve strength, balance, and definition.
Body Blast	Complete circuit class of high intensity aerobic intervals with full body strength conditioning, concluding with stretching on the mat.
Body Rock Bootcamp	Bootcamp with an edge! Intense advanced cardio and strength class using steps.
Butts & Guts	30-minute express workout concentrating on glutes and abs!
Burn	High intensity cross-training class using interval strength segments and cardio training to improve agility, flexibility, strength, and endurance.
Burn & Blast	Cardio/strength class utilizing weights, steps, bars, and stability balls in 5 minute intervals.
Corebar HIIT	Total body system that includes cardio and strength conditioning to improve flexibility, balance, agility, and provide fast/visible training results. An intense and challenging class using only the signature Corebar.
Core Fusion	No impact core mat class combining yoga, pilates, and functional balance stability work.
Circuit Xtreme	45 minute circuit format workout that offers a distinctive approach to bodyweight training and metabolic circuit training.
Gentle Yoga	Bring a mat and join in on this relaxing yoga class that promotes balance and strength.
Hardcore Kickbox	Challenging high-intensity cardio kickboxing workout.
Kickbox Express	High-intensity cardio kickboxing for a leaner, meaner you! Class ends with a standing yoga flow to stretch the entire body.
Kickbox-Step Fusion	Powerful interval workout using kickboxing choreography and step routines.
Kick Infusion	High-intensity infusion of cardio, kickboxing, and strength.
Low & Loaded	Low-impact aerobic class using free weights.
Pure Strength	No impact total body conditioning strength class utilizing various equipment.
Muscle Max	Strength training workout using barbells and free weights to focus on every major muscle group in the body.
Soft Box Conditioning	Low-impact boxing class with strength and bodyweight conditioning cycles.
Steel Pilates	Strength, balance, and muscle endurance focused on activating and developing the core. Pilates exercises build strength in your weakest areas.
Tabata Bootcamp	20 seconds of concentrated work followed by 10 seconds of rest. This format is repeated in 8 intervals for an intense, fat-burning workout!
Yogalates	Pilates mat class using resistance tools to enhance and intensify the core workout.
Zumba	A fusion of Latin and international dance music themes that create a dynamic, exciting, and effective fitness system. Routines feature aerobic interval training with a combination of fast and slow-paced rhythms that sculpt the body.

AQUA FITNESS CLASSES

Aqua Energy	Aqua workout with an emphasis on cardiovascular exercise.
Aqua Flow	Energizing aqua workout that uses the whole body to move against the water's resistance.
Aqua Fusion	A fitness class that combines three elements: strength segments, cardio combos, and flexibility.
Aqua Zumba	Zumba (see description above) in water!