



Fitness Class Descriptions

Yoga with Various Instructors:

These 50 minute classes will increase functional flexibility, enhance body control, connect mind and body and create a sense of balance and vitality. Each instructor has their own special style so try them all! Mats are provided.

Strength

Strength classes are a fun 50-minute head-to-toe session. We will use weights and reps to tone lower body, upper body, and core with a variety of exercises to target these areas. Strength training includes many functional movements that reflect movements you make in your daily life and is helpful for everyday tasks, athletic performance, and injury prevention. All fitness levels are welcome!

Strength and Cardio

With this class we target full body strength exercises to build muscle, but also include a cardio segment to improve your cardiovascular fitness! All fitness levels are welcome!

Strength and Stretch

With this class you can enjoy the best of both worlds as we target full body strength exercises to build muscle, but also include a longer, comprehensive stretching portion to improve flexibility! All fitness levels are welcome!

Core and Stretch

With this class we target core strength exercises but also include a longer, comprehensive stretching portion to improve flexibility! All fitness levels are welcome!

HIIT

Get ready to push yourself. Utilizing the popular (HIIT) High Intensity Interval Training, high intensity classes will really get your heart pumping and build your strength.....you will walk away having used all the main muscle groups.

Full Body Bootcamp

Together we will sweat through full-body strength and cardio movements with options for all levels. The goal of the class is to focus on your overall well-being and to have fun while doing it.

Circuit Training

Together we will sweat through full-body strength and cardio circuits with options for all levels. The goal of the class is to focus on your overall well-being and to have fun while doing it.

Mobility Training

Mobility Training is one of the most important components of fitness for longevity, athleticism, and range of motion in your strength workouts. Fit this class in after your workout (or anytime!) for functional stretches focused on shoulders, hips, low back, glutes, and hamstrings.

Soca Cardio Dance:

There is nothing like dance movements and island vibes to get your energy and confidence high after this class. You will be taught the basic Soca dance steps, coordinated to mood-boosting Caribbean music that will strengthen your heart and muscles. No dance experience required!

Zumba®

This dance-fitness class incorporates Latin and international music and dance movements. No fitness or dance experience is required to participate. The class alternates between fast and slow rhythms. Zumba provides a balance of cardiorespiratory exercise, muscle-toning, and mobility of all joints of the body. Dance movement modifications and progressions are given, as needed.

Cycling Class Descriptions

Begin to Cycle:

Have you ever tried indoor cycling before? Nervous to try it out? Come to this 30-minute beginner class! Your instructor will walk you through everything from setting up your bike to cooling down. This is a welcoming space for everyone. Don't forget your water bottle!

HIIT Cycle

If you want to really get your heart pumping and legs strengthened, this is the class for you! High intensity interval training, also known as HIIT, includes alternating fixed intervals of high and low intensity, with varying levels of speeds, tensions, and durations. With a dynamic change in workout stimulus, this class has something for all levels, including beginners, and offers tremendous fitness benefits.

Mac Cycle

In the saddle, out of the saddle, speed work, hills – this class has it all! Every fitness level is welcome for this 50-minute ride led by an experienced cycling instructor.