

[Adult Ballet](#)

Come enjoy the beauty and grace of classical ballet! This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

[Arm, Core and Stretch](#)

Focus on toning your upper body and core. This class will end with stretches for your back, hips and legs for the ultimate dancers body!

[Balance & Stability](#)

Let us help you prevent falls and make daily activities effortless. Combining both dynamic movements and balance exercises, along with strength and core, this class will help you be more independent and safer when doing the activities you love most.

[Barre Fusion](#)

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your abdominal muscles, lift the buttocks and increase muscle definition in the upper body.

[BeMoved Dance](#)

A dance experience that inspires all levels to fully express themselves through the beauty of dance. Classes are designed so that every participant is empowered to move naturally within their own abilities while following the class choreography.

[Les Mills BodyCombat®](#)

You will go through a series of music tracks striking, punching and kicking for the ultimate fat burning, high intensity cardiovascular workout.

[BODYPUMP™](#)

This class combines moderate weights with high repetition for a total-body workout. Participants will use a combination of free weights and a barbell to strengthen their major muscle groups.

[Boot Camp](#)

Get ready to sweat as you reap the benefits of this ultimate calorie-burning hour with cardiovascular drills, strength exercises and more!

[Chair Yoga](#)

This is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for assistance.

[Core Conditioning](#)

This 25-minute class strengthens and stabilizes the entire core: rectus abdominis, obliques and lower back extensors to enhance abdominal definition and core strength.

[Cycle](#)

A cardio workout on a stationary bike. Cycle classes are technique based and/or terrain based. Focus on cadence, heart rate zones, climbs and sprints.

[Cycle and Strength](#)

Work your heart and your upper body! Challenge yourself with 60-minutes of cycling, plus 15-minutes of targeted exercises to shape your upper body.

[Foam Rolling](#)

Incorporate foam rollers and small exercise balls, to release hard-to-reach areas, into your exercise routine. Benefits of this class include the correction of muscle imbalances, muscle relaxation, improved range of motion, reduced soreness and improved tissue recovery. Plus, reduce trigger point sensitivity and pain.

[Gentle Yoga](#)

Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility

[Heart Plus Toning](#)

Light cardio and strength segments along with exercise that promote balance and core stability.

[My Zone: H.I.I.T. Training](#)

Short bursts of work followed by active recovery periods. Wear your Myzone Belt to push you into the multiple color zones, keep track of calories burned and effort expenditure all on the big screen.

[Just Barre](#)

This class combines isometrics, dance conditioning and interval training to quickly sculpt and tone your muscles. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body

[Just Dance](#)

Easy to follow dance choreography to current and retro hits. Burn fat and learn latin moves and have fun in this well paced workout.

[Just Dance 101](#)

A low impact class where we break down the dances from the Tues/Friday Just Dance Classes. You will learn the newest dances at a slower pace and master the steps!

[Pilates Fusion](#)

A non-traditional Pilates class combining classical and contemporary sequences. Strengthen your core, sculpt lean muscle and increase flexibility.

[Pilates Mat-Based](#)

A series of mind-body exercises evolving from the principles of Joseph Pilates. Class increases core strength, balance and flexibility.

[Power Yoga](#)

Challenging yoga class that links movement to breath and exhilarates your body. You will build strength, increase flexibility and feel rejuvenated.

[Restorative Yoga](#)

This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. Class is ideal for beginners or those returning to exercise.

[Sit & Fit](#)

A chair based class utilizing bands and weights to improve strength, balance and range of motion exercises to reduce pain and stiffness.

[Simply Strength](#)

Challenge and tone your muscles using a variety of equipment including free weights, exercise bands, Resist-a-ball and more!

[Strength & Core](#)

Define and sculpt your body using heavier weights and a lower rep count. We will incorporate balance and core moves for a sleek physique.

[Sunrise Yoga](#)

Welcome the day with yoga poses and soothing music to help guide you as we link movement and breath together to increase flexibility and mental awareness.

[Therapeutic Yoga](#)

This class uses the principles of yoga to relieve stress and promote recovery of injury and illness.

[Total Body Yoga](#)

A multi-level class incorporating breathing, balance and limited strength work. Expect a slow and easy flow of moderate poses and leisurely floor stretches

[Total Body Burn](#)

Integrating segments of aerobic conditioning, kickboxing, strength training and core development for knockout Strength— Get Strong!

[Triple Threat](#)

Three workouts in one session: Intervals of strength training, core conditioning and cardio drills!

[Vinyasa Flow Yoga](#)

A vigorous, more athletic approach to yoga with flowing poses and sequences linked to the breath.

[Yoga Basics](#)

Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

[Yoga Tune Up®](#) A therapeutic class using therapy balls and other props to relieve aches and pains while improving posture and performance.