

Abs & Legs

Group training focusing on exercises for the lower body and core. Begin with a fun step- based warm up and continue with many compound and isolation movements for legs, hips, and abdominal muscles. Suitable for beginners and intermediate fitness level.

Body Sculpt

This class maximizes muscle endurance and aerobic fitness. Easy to follow step- based choreography to warm up and stimulate the aerobic system followed by light resistance and body weight exercises in various combinations and continuous tempo.

Total Fitness

A workout that enhances total body muscular strength, endurance, and aerobic capacity through the use of body bars, dumbbells, and body weight exercises combined with intense cardio intervals. You will be coached through fundamental weight lifting movements, body

Total Bars

Based on the principles of Total Fitness workout focusing on weight lifting and strength development.

Total Step

Based on the principles of Total Fitness workout focusing on cardiovascular exercise.

Yoga

This class utilizes specific postures, breathing techniques and relaxation to develop muscular strength, flexibility and body awareness.

Pilates Mat

A class, which utilizes basic Pilates exercises to help strengthen and tone core muscles while improving posture, flexibility and balance by using controlled breathing and mindful movement.

Power Pilates

This unique Pilates course is designed to streamline the body while increasing flexibility, balance and strength. The Power Pilates course includes a blend of both standing and mat Pilates exercises and a 15 minute intermediate cardio warm-up in the beginning of the class.

Body Art

A training method using movements from yoga, Pilates, tai-chi, as well as strength building exercises and therapeutic stretches, set to music, with the aim of creating harmony between the body and mind.

TRX Suspension Training

This class includes bodyweight and free weights training that ranges from simple, easy to execute exercises for beginners to challenging and hard to execute exercises for advanced participants.

Aqua Fitness

A low impact workout which can be enjoyed by practically anyone regardless of fitness level, body mass index, age, and health conditions since the buoyancy of water supports 90 percent of the body.

Zumba

Zumba is an international exercise fitness program that involves dance and aerobic movements aiming to enhance cardiovascular fitness. The choreography incorporates various dance styles and addresses all fitness levels.