

Body Sculpt

This class maximizes muscle endurance, aerobic fitness and calory burn using light resistance training in various combinations and continuous tempo.

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.

Outdoor / Indoor Conditioning

Fun workout at the track facility where training includes running, sprinting, jumping and body weight training.

Yoga

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

Abs & Legs

A workout focused on toning/strengthening abdominal, leg, and lower back muscles combined with an aerobic warm-up and deep static/dynamic stretching after the workout.

TRX (Suspension Training)

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

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.

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 weight and plyometric exercises all under

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.

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.