

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 Body Reset

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 the sounds of motivational music tracks guaranteed to keep you challenged!

Yoga Fusion

A combination of ashtanga and vinyasana yoga, this class utilizes specific postures, breathing techniques and relaxation to develop muscular strength, flexibility and body awareness.

Pilates mat

A class based on Pilates fundamental principles- breath, center, control, precision, concentration, and flow. It helps with strengthening all core muscles while improving posture, flexibility and balance by using controlled breathing and mindful movement.

TRX Suspension Training

This class includes suspension ropes, 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 Aerobics

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.

Feel The Beat Fitness

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.

Outdoor Conditioning

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

Power Pilates

The traditional Pilates method combined with power movements and an aerobic element for a more holistic approach to exercise.

Functional Step

Body weight based exercise program consisting of basic and more complex movements combined in a functional way and choreographed using upbeat music. A fun way to get your heart rate up, work on your muscle endurance and joint mobility.