



### 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- breathe, 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.



### Power Pilates

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



### Shapes

As a hybrid workout between Yoga, Pilates and basic resistance training, Shapes offers the best of these three exercise modalities in order to achieve a well-rounded and balanced fitness regimen



### Ultimate Core

Specialty dynamic class for toning and conditioning the core of your body. Emphasis is given on glutes and abdominals using various equipment and training tools from traditional lifting to body weight and pilates exercises.



### Functional Step

Body weight aerobic workout on the step platform. Combining functional body movements in a pleasant and easy choreography.



### Dance & Pump

A high energy aerobic dance workout combined with basic strength- pumping exercises under motivational fast pacing music.



### Body Sculpt

This class maximizes muscle endurance and aerobic fitness through the combination of High Repetition weight lifting, plyometrics and intense cardio intervals. It begins with a light aerobic and dynamic stretching warm up followed by weight lifting and body weight exercises in various combinations. Each weightlifting combo finishes with an intense cardio interval.



### Total Body Strength

A workout that enhances total body muscular endurance and strength through the use of bars, dumbbells, kettlebells and body weight exercises. 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!



### 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.



### Outdoor Conditioning

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



### Climbing Practice

Climbing sessions for novice and advanced climbers. Climbing offers the thrill of accomplishment, a philosophical way of thinking, and great workouts. Our new climbing wall accommodates routes of low, average and high difficulty. We provide climbing shoes and harnesses along with all the climbing gear so anyone can try climbing.



### Aqua Fitness

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



Mind & Body



Strength & Conditioning



Cardio Fitness Conditioning



Core focused



Flexibility



Athletic skills