**Aqua Motion** offers total body fitness in the water! Suitable for all fitness levels. No swimming experience necessary.

**Barre** fitness classes are inspired by ballet and dance technique. Classes focus on fluid movement, proper alignment and body mechanics. **Barre Connect** classes combine ballet and dance technique, yoga, resistance exercise and cardiovascular conditioning.

**Body Sculpting** -- Sculpt a leaner body with weights, resistance bands, medicine balls and more!

**Boot Camp** – In Boot Camp, anything goes! Get a total body workout to improve endurance, muscular fitness and sport performance in this intense class. In **TRX Boot Camp**, TRX Suspension Training exercises are incorporated into the workout. **TRX + Yoga** combines traditional TRX exercises with yoga to improve overall flexibility, joint mobility and range of motion in the body.

**Core + Stretch** combines exercises that strengthen the abdominals, back, glutes and hips (the core) with flexibility training. You’ll leave this workout feeling both strong and relaxed!

**Cycle Fit/Cycle Sculpt** -- Indoor fitness cycling. Rides include a variety of drills that simulate outdoor cycling. Cycle Sculpt includes resistance training segments off the bike.

**HIIT (High Intensity Interval Training)** is 30-50 minutes of hard core, heart pumping movement! HIIT workouts improve both, aerobic and anaerobic endurance and enhance athletic performance. *Note: It is recommended that participants are able to sustain 30 minutes of continuous aerobic exercises (e.g. brisk walking, jogging, cycling, etc.) prior to adding HIIT training to an exercise regimen.*

**Pilates** is based on Joseph Pilates’ principles of ‘contrology.’ You’ll develop a stronger core (abdominals, spine, hips/ glutes) and greater flexibility in this class.

**Russian Boot Camp** is a health & fitness system used by the Spetsnaz. This system uses proper breathing and dynamic movement to improve flexibility, strengthen joints, build functional muscle, increase lung capacity, improve posture, soothe ailments, and alleviate unnecessary tension and stress. Train to build and heal the body, not break it!

**Step and Sculpt** -- Step aerobics classes include a cardiovascular workout using a portable stepping platform. Step height can be adjusted to suit preference and fitness level. Step and sculpt fuses traditional step training with resistance exercise for a workout that promotes both aerobic and muscular fitness!

**Systema** is a Russian martial art that trains an individual in effective self-defense for all scenarios of hand-to-hand combat. This training technique focuses on the overall health of both the body and the mind. Joint health and injury prevention are also emphasized, and massage is integrated into the training process. If you are interested in self-defense, a healthier lifestyle, or learning how to give and receive massage, then come check it out!

**Total Body Circuit**
Circuit training is a great way to get a total body workout. In this class you’ll move through exercise stations that will target all of the major muscle groups. Cardio drills may also be included to vary the intensity of the workout.

**W.O.W. (Women on Weights)**
Learn proper lifting technique in this class and discover how ditching the light weights for heavier ones can improve your strength, overall health and help in weight management. The class will also address resistance training topics unique to women.

**TRX Suspension Training**
Born in the Navy SEALs, TRX Suspension Training is a system that leverages your own body weight against gravity to create a comprehensive total body workout. Develop strength, balance, flexibility and core stability all in one workout. – In this class, your body is the machine! **TRX Circuit classes** combine classic TRX exercises with cardio drills and other body sculpting exercises.

**Yoga**
Improve flexibility, strength and balance in a moving meditation. Move through various standing, seated, forward bending, and balancing poses. This is a mixed levels class suitable for a variety of fitness levels. **Gentle Yoga** classes emphasize introductory and foundational yoga poses. **Power yoga** classes move at a faster pace and emphasize standing poses.

**Zumba**
Fitness class inspired by Latin Dance. Move to hypnotic musical rhythms while learning fun dance moves. Plus, you’ll get a fantastic workout! This class is fun and easy to do! No dance experience necessary.