

Aqua Zumba - Blends the Zumba philosophy with water resistance for less impact on the joints. **DON'T MISS THIS POOL PARTY!!**



Pound - Channel your inner rock star with this full body cardio-jam session inspired by the energized and sweat-dripping fun of playing the drums using Ripstix.



Yoga Flow- Designed for fitness thru stretching, balance and core postures.



Barre Toning- A workout to strengthen the core and muscles using a variety of handheld equipment. Suitable for all fitness levels as all exercises can be modified.



Power Pump- Would you like to tone your body and build your muscular endurance? Working out with this format is beneficial for all sports and also keeps you strong and healthy. We use barbells, dumbbells, bands and med balls. You can burn up to 600 to 1000 calories in one workout. 60 minutes: All Levels Welcome.



Cycle 45 & 60- 45 and 60 minute cardiovascular workouts on LifeFitness and Keiser Cycles. Take part in an hour of simulated flat and hill riding, working on speed and endurance techniques.



Total Body Workout- Combining weights, cardio, and resistance training for overall results.



HIIT - An intense and fun cardio and weight training class that torches calories and builds lean muscle! Create a strong, sleek body using interval circuits and a variety of equipment, while keeping everything fresh and exciting! Class is for all levels.



Water Aerobics- This class is a combination of shallow & deep water running. Instructions will be given to participants to conduct a shallow class with a little impact or deep water running with no impact that uses floatation belts. Movements involve stretching and toning. The water provides a great resistance and cardio workout as well as increasing flexibility.



Zumba- This is a fusion of Latin and international music and dance featuring salsa, meringue, cumbia and samba combined with aerobic/fitness interval training. This class offers a mixture of body sculpting movements and easy to follow dance steps designed to tone the whole body and **HAVE A GREAT TIME!**



Zumba Toning- Combines targeted body sculpting exercises and high energy cardio with Latin and international music & dance featuring salsa, meringue, cumbia & samba combined with aerobic/fitness interval training. The class offers easy to follow dance steps designed to tone the whole body.

