



The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals.



An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. You strike, punch, kick and kata your way through calories to superior cardio fitness.



The original 60-minute barbell class that strengthens and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the fast results you came for!



30 Minute CORE training that hones in on the torso and isolating your core muscles while utilizing your upper & lower body. Ideal for tightening your tummy and butt while improving functional strength and assisting in injury prevention.



The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



This class blends Pilates, calisthenics, yoga, ballet and other forms of dance at the ballet barre and focuses on toning and strengthening your abs, arms, shoulders and butt.



A Latin-inspired, dance fitness class that incorporates Latin and international music with dance movements, which create a dynamic, exciting and effective fitness system.

MUSCLE MIX Intense strength workout using all the muscles and all the tools: balls, bands, weights, bars! All fitness levels welcome.

BOOTCAMP CLASSES 3 different classes each challenging your Cardio, Strength, Endurance, Agility and Determination. Discover new personal trials in this station-based class. No class is the same, all will dare you to new fitness levels.

SENSATIONAL STEP Get back to the step with fun routines and muscle work throughout with 10 minutes of core work at the end.

T.B.C. - TOTAL BODY CONDITIONING Incorporate the use of weights, tubes, bands, steps & Body Bars to strengthen and define all major muscle groups.

LES MILLS POWER & PUNCH One hour Cardio class combining 30 minutes of Body Attack and 30 minutes of Body Combat.

LES MILL'S DOUBLE PLAY Combination class 30 minutes Body Attack and 30mins Body Pump.

POUND Rock your body with this modern day fusion of movement and music using Ripstix (weighted drumsticks engineered for exercise).

STEP & TONE 45 minutes of sensational step, followed by 15 minutes of upper body conditioning and abdominal work.

CARDIO BLEND A one hour class combining easy to follow, floor based aerobic moves, with toning and strengthening exercises for a total body workout and final stretch.

PIYO A fun, challenging class fusing Yoga and Pilates. You will burn calories, tone muscles, work on balance and get a great stretch! (30 min.)

INSANITY 3 - 5 minute blocks of Interval Training keeping your body at maximum capacity through your entire workout. Come take the challenge

CORE YOGA A unique blend of pilates & yoga that focuses on strengthening the core muscles while stretching & toning the entire body, and calming the mind. (75 min.)

EARLY BIRD YOGA More eye-opening than a cup of coffee! A flowing combination of balancing, strengthening & stretching poses. This Vinyasa yoga class will keep you energized, yet calm & focused throughout your whole day. Suitable for beginners or experienced. (60 min.)

POWER PILATES A fabulous series of exercises, based on the work of Joseph Pilates to strengthen and lengthen muscles, while also focusing on the body core.

HATHA YOGA This class is a series of postures & breathing exercises that focus on flexibility and emphasize slower transitions between poses (75 min.)

YOGA/PILATES FUSION A combination of Yoga and Pilates focusing on yoga, stretching and using Pilates for core strengthening.

TOTAL TONING/TONE & TIGHTEN This dynamic class tones and tightens all major muscle groups a variety of exercise equipment. No two classes are ever the same. Extreme focus is given to proper form for maximum results and safety. All fitness levels welcome.

VINYASA YOGA Vinyasa is a term that covers a broad range of yoga classes. The word Vinyasa means "breath-synchronized movement". The teacher will instruct you to move from one pose to the next on an inhale or an exhale. These fluid movements result in the poses flowing together like a dance (75 min.)

SPIN & SCULPT A new option in spin were you get to choose a 45 minute continuous ride or a ride interspersed with short muscle strengthening segments.

VIRTUAL CYCLING Virtual Cycling is an indoor cycling class that is a unique fitness experience. It will help Cyclists visualize and feel like they are riding in a new location from around the world. A screen is located behind the instructor that shows images of these locations. Riders can visit Napa Valley, Yosemite National Park or the Grand Canyon. You'll feel like you're on the road. An average person can seriously burn over 600 calories per class!!