



GROUP EXERCISE OFFERINGS

Cardio & Aerobics

20/20/20
 Body Blitz
 Bootcamp
 Bungee HIIT
 Calorie Crusher
 Cardio Cycle
 Cardio Fusion
 Latin Aqua Cardio Dance
 Rock Steady Boxing
 Step Fitness
 Turbo Kick
 Walking Club
 Zumba

Mind & Body

Gentle Chair Yoga
 Tai Chi
 Trapeze Yoga
 Y on the Mat
 Yoga
 Yoqua/Aqua Pilates

Strength & Conditioning

Ab Lab
 Barre
 Body Blast
 BrickFit
 Commit to Strength
 Full Body Conditioning
 Fun Friday Fitness
 Happy Hour
 Power Yoga
 SMILE
 X-Train

Aqua & Senior

Aqua Classes
 Aqua Aerobics
 Deep Water
 Happy Hour
 Latin Aqua Cardio Dance
 SMILE
 Water Moves
 Yoqua/Aqua Pilates

Senior Focused
 Stronger Seniors
 Tai Chi
 Walking Club

Click [here](#) for full schedule



FREE VISIT
 to any of our group
 exercise offerings!



Download our app
 on iPhone

Contact Us

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