

Aqua Zumba: Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Barre: Based around the principles of ballet barre and dance conditioning, this class will help you develop core strength, improve posture and increase your flexibility, while challenging both your upper and lower body to maintain muscle tone.

Cardio Dance: Dance your way to fitness in this high-energy, choreography-based class. Each class combines different cardio & strength-building moves to help you burn calories, tone your body, develop better coordination and balance and build self-confidence. No previous dance experience required; all ages welcome.

Cycling: Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. If you like to cycle this one is for you! All fitness levels welcome.

Deep Water Workout (DWW): Explore the benefits of deep water aqua with this total body workout that uses varying tempos, hand positions and ranges of motion to modify movement intensity. Improve your mobility, flexibility, cardiovascular fitness, and endurance.

Fit 'n Fab: A gentle aerobic and muscle conditioning class designed with the older adult in mind. Improve balance, aerobic endurance, flexibility, and muscle tone.

Gentle Fit: An active, social class designed to enhance your cardiovascular/respiratory systems, improve bone density and develop your balance. This class uses chairs rather than mats for many strengthening/stretching exercises.

Hip Neutral: Follow along with a series of exercises and drills to help reestablish balanced, strong, functional hips. Primarily mat-based, with elements of pelvic floor health this class promotes hip mobility and stability for all ages.

Lift: Amp up your strength, power, and metabolism through resistance training. Expect a full-body strength-based class using a variety of equipment including barbells, body weight and free weights. Often strength and power are the missing piece to a great workout regime.

Meta-Bolic: Keep your heart rate pumping through an exhilarating interval-based workout. Work at your own pace to get lean and strengthen targeted muscle groups.

Pilates: Pilates creates a method of total body conditioning that will emphasize body alignment, core and muscle strength, and flexibility. This class facilitates general movement, and posture awareness, and is excellent cross training for many sports (i.e., running, golf, skiing, etc.).

Sculpt & Core: Looking to tone up your body? This muscular endurance class works the entire body with the use of various equipment (ie. weights, tubing, steps and more). If you like to feel the burn, this class is for you. All fitness levels welcome.

SPQR: Speed Power, Quickness & Reaction; these are the driving influences on sport and performance. Plyos, jumps, ladders and more are used to develop that fast, explosive Type 2 muscle twitch.

Step: Step started in the 80's but has grown over 30 years. It has evolved into less dance, more athleticism, less emphasis on choreography, more of a total body workout. Join Athletic Step for one of the best cardio workouts you'll get.

sTRXngth: The TRX is a suspension-based system relying completely on body weight exercises. We challenge you-vs-you in this strength-based class with off-frame stations. This class will teach proper form and technique on the TRX suspension trainers and deliver a comprehensive, challenging workout.

#TricoTough: #HIIT #strong #athletic #intervals #power #sweaty #performance #awesome!

This high intensity class with high impact elements varies its weekly focus between speed, strength and aerobic intervals. Although taxing, modifications are provided to suit appropriate body mechanics. Great for anyone!

Yoga: is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general

Big Chill: A mid-week, restore & reset. This moon-salute includes a wind down, breath work, soft night stretch and finally a guided meditation.

Bro-ga: made for guys (& gals) who are new to yoga; beginner-friendly, no-flexibility & no yoga experienced required. Work on common problem areas as a weekend warrior (hips and hamstrings). Bro-ga is a great way to get started with yoga: building mobility, flexibility, strength & balance in a fitness-centric yoga program

Dadurday Yoga: Dads can come and spend some special time with their kid(s) participating in this gentle Hatha style Yoga class. Please bring your own yoga mats for each person. Minimum age is 5 years old, up to 3 children per father. Minimum booking: 2 participants. Maximum booking: 4 participants.

Hatha/Yang: A classic practice working through standing, seated and lying postures for strength, balance & flexibility.

Meditation: Calm the mind and re-energize the body with a combination of moving and seated meditation

Strong: Move, flow, grow! Kettlebells and yoga are a great fusion class to create strength & length.

Sun Salute: Wake up and work through a series of sun salutes as the early dawn rises.

Vinyasa Flow: A balanced mix of strength and length with no 2 classes being the same.

Yin/Restorative: Long supporting holds assist in opening the fascia while bringing a sense of calm.

Zumba: This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.