

Pilates- Pilates is a body conditioning routine that helps build flexibility and long, lean muscles along with strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core

Cycle: An indoor cycling challenge that allows the participant to dictate their own challenge with the direction and encouragement of an instructor. Ride on flatland, up hills and through a combination of speed challenges. A heart rate monitor is helpful, but not mandatory. Each instructor has his/her own style of teaching. All are welcome!

Core : This class is designed to help with multi-function exercises to improve upon stabilizing muscles which focuses on the core area.

Elite Cycling- Geared towards any individual who seeks a coaching style experience on the bike. This is great for people who want to improve upon their cardio and ultimately ride more efficient.

Body Blast - a total body workout to strengthen and firm your muscles from head to toe. Join us for lunges, squats, upper body and core to keep you fit and powerful!

Ballet Bootcamp this class combines basic ballet moves with an athletic approach to tone, firm and sculpt the body.

Cardio Kickboxing- combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning.

Butts n Gutts - a cardio, strength, flexibility class focusing mainly on lower body and core

Titleist - an exercise class geared towards bringing a body into balance by working on flexibility, balance, strength and core