

All Level Yoga	A Vinyasa/Hatha style blend of Yoga, this class is suited to all levels. The focus is on the basics, the importance of alignment, and explaining the integrity of each pose. This class is suitable for beginners, and very challenging for those who regularly practice Yoga.
Anti-Stress Candlelight Yoga	Enjoy a relaxing Yin Yoga (gentle) and stretch to finish off your week and start your weekend off stress free. This class will rejuvenate you and make you leave in a great mood.
BagBoxing	Using a stationary boxing bag, work combinations of punches and kicks for a total body workout. Plus interval training of cardio, abs and body weight training to kick your workout out of the park! All fitness levels welcome. Gloves available for sale at the front desk.
BootieCampYoga	Combining traditional Yoga postures (power flow & balance), along with Pilates and isometric strength training using light weights, this class targets your booty! Bootie Camp Yoga will help you develop a strong yoga practice as well as a strong, healthy body and mind.
Chisel	Unlike a traditional sculpting class, the focus in here is all about 'going heavy' WHILE maintaining proper form! Using high reps to 'fatigue' your muscles, we will drop our weights as we work through our set, making every movement count! Instead of building endurance, you will add more metabolically active (i.e. fat-burning) lean muscle mass. The philosophy in here is: if it doesn't challenge you, it doesn't change you!.
Core Pilates	A variety of pilates moves with mat exercises to strengthen your core; abs, glutes, low back and thighs. It may also incorporate balls, weights, and pilates bands for extra resistance and strength training. For all fitness levels.
HOT Yoga	This Yoga class is sure to make you feel amazing! Heat during yoga allows the body to stretch the muscles further so you can get into the poses deeper. Be sure you're prepared with lots of water! Temperature of the room will be between 85-92 degrees. This class requires Yoga mats. Complimentary Yoga mats offered at studio.
Morning Stretch	Morning Stretch is a great way to wake your body and stretch out the soreness, work on specific injuries or prevent injuries. Great for all fitness levels. No Yoga involved. 45 minute class.
Mindful Yoga	A slow flow paced yoga class with mindful sequencing and breathing. Appropriate for all levels including those newer to yoga and those looking to be restored and refreshed.
Pilates Fusion	An intense, condensed class focused on core strength and stability with the added bonus of tone and definition. Mat format, but may include weights, tubing, and exercise balls.
Pump	A sixty -minute high-intensity strength training class designed to increase your strength, flexibility, agility, balance, and endurance...plus tone and firm you all over! Incorporating free weights, balls, bands, steps, and your own bodyweight. This class is never the same twice, and will keep your body adapting!
Spinning	Instructors guide participants through workout phases from warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. All fitness levels welcome. No special shoes required, but if you have cycling shoes SPD clips are needed.
Stretch & Release	1 hr. of Stretching and Muscular Fascia Release using MELT techniques, tennis balls and rolling to release pressure and tension in the muscle, fascia and connective tissue. For all levels.
Tabata Sculpt	A combination of Tabata Training (high intensity interval cardio) and weight training in a circuit fashion for a creative total body workout. All Levels welcome. Burn calories all day!!!
TBC-Total Body Conditioning	This class incorporates strength and high intensity cardio using equipment such as dumbbells, bands and your body weight, for a total body workout. Segments can be modified to any level.
Total BARRE	Same great Barre class! Different name! Total Barre is a total body workout that lifts your seat, tones your thighs and burns fat in record-breaking time. Utilizing the ballet Barre to perform small isometric movements set to fantastic music, Barre is one the fastest, most effective, yet safest way to change your body. Students see results in just 10 classes.
TRX Suspension Training	Using Suspension Training Straps and bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously. All Levels. Limited space available. .
Weights on Wheels	Take a ride on your Spin bike and Sweat like you have never sweat before. Interval training with weights and cardio while on your wheels. Burn calories and build lean muscle.
Zumba	Zumba (pronounced "zoom-ba") is a dance fitness workout that anyone can do. You will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!
Zumba Gold	A slower version of Zumba designed for seniors, pre/post op, beginners, pregnant or someone just starting out. This class is only a \$7 drop in rate for all clients.