

Ballet/Barre	Low Intensity Beginner to Intermediate Low Impact , Low Cardio	A basic ballet class with emphasis on barre work. Improve core & leg strength and posture .	Ballet/Barre	Low Intensity Beginner to Intermediate Low Impact , Low Cardio	A basic ballet class with emphasis on barre work. Improve core & leg strength and your posture .
Boot Camp	Moderate- High Intensity Intermediate to Advanced Moderate -High Impact Cardio	Cardio and muscle building drills in a group setting that works you rom head to toe.	Boot Camp	Moderate- High Intensity Intermediate to Advanced Moderate -High Impact Cardio	Cardio and muscle building drills in a group setting that works you rom head to toe.
HIIT/ Interval	Moderate-High Intensity Intermediate Moderate -High Impact Cardio	This class combines cardio with breaks of weight or body training. A total body workout in every way.	HIIT/ Interval	Moderate-High Intensity Intermediate Moderate -High Impact Cardio	This class combines cardio with breaks of weight or body training. A total body workout in every way.
Kickboxing / Turbokick	Moderate—High Intensity Intermediate Moderate -High Impact Cardio	This class combines kickboxing, cardio and possible strength training or a total body workout.	Kickboxing / Turbokick	Moderate—High Intensity Intermediate Moderate -High Impact Cardio	This class combines kickboxing, cardio and possible strength training or a total body workout.
Power Pump	Moderate Intensity Beginner to Advanced No Cardio/ Strength only	A total body workout using barbells and hand weights through a variety of exercises.	Power Pump	Moderate Intensity Beginner to Advanced No Cardio/ Strength only	A total body workout using barbells and hand weights through a variety of exercises.
Sculpt It	Moderate Intensity Intermediate to Advanced Small amount of cardio	This class uses a variety of equipment (weights, bands, resist-a-balls) to sculpt and tone with short cardio bits.	Sculpt It	Moderate Intensity Intermediate to Advanced Small amount of cardio	This class uses a variety of equipment (weights, bands, resist-a-balls) to sculpt and tone with short cardio bits.
SPYS	Moderate Intensity Beginner to Advanced No cardio	Components of strength, pilates, yoga, stretch all in one class. Total body.	SPYS	Moderate Intensity Beginner to Advanced No cardio	Components of strength, pilates, yoga, stretch all in one class. Total body.
Total Body Conditioning	Moderate Intensity Beginner to Advanced	This class combines multiple repetitions of cardio, strength and body weight moves to strengthen and condition.	Total Body Conditioning	Moderate Intensity Beginner to Advanced	This class combines multiple repetitions of cardio, strength and body weight moves to strengthen and condition.
WERQ®	Moderate-High Intensity Intermediate Moderate Impact Cardio	A fiercely fun dance fitness class based on pop, rock, and hip hop music	WERQ®	Moderate-High Intensity Intermediate Moderate Impact Cardio	A fiercely fun dance fitness class based on pop, rock, and hip hop music
Yoga	Moderate Intensity Beginner to Advanced No cardio	Traditional yoga poses are held to increase flexibility and strength. Class finishes with a meditation portion.	Yoga	Moderate Intensity Beginner to Advanced No cardio	Traditional yoga poses are held to increase flexibility and strength. Class finishes with a meditation portion.
Zumba	Moderate-High Intensity Intermediate Moderate Impact Cardio	A fusion of Latin, African, hip-hop and other dance that offers a great cardio workout in a fun setting.	Zumba	Moderate-High Intensity Intermediate Moderate Impact Cardio	A fusion of Latin, African, hip-hop and other dance that offers a great cardio workout in a fun setting.
JKA Karate	Low-High Intensity Beginner to Advanced Low -Moderate Impact Cardio	A premium class where participants can sample martial arts, or work their way to a black belt.	JKA Karate	Low-High Intensity Beginner to Advanced Low -Moderate Impact Cardio	A premium class where participants can sample martial arts, or work their way to a black belt.