

Baller/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 .
Blast Step	Moderate-High Intensity Intermediate to Advanced Moderate to High Impact Moderate Cardio	A step class with some challenging choreography.
Boot Camp	Moderate- High Intensity Intermediate to Advanced Moderate to High Impact Cardio	Cardio and muscle building drills in a group setting that works you rom head to toe.
Gut & Butt	Moderate Intensity Intermediate to Advanced No Impact, Low cardio	All about abdominals, glutes and improving your overall core strength.
Interval	Moderate-High Intensity Intermediate Moderate to 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 to High Impact Cardio	This class combines kickboxing, cardio and possible strength training or a total body workout.
Pilates Power	Moderate Intensity Beginner to Advanced No cardio	Class focused on building strength without bulk, improving flexibility and agility, Great core work.
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.
SPYS	Moderate Intensity Beginner to Advanced No cardio	Components of strength, pilates, yoga, stretch all in one class. Total body.
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.
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 to Moderate Impact Cardio	A premium class where participants can sample martial arts, or work their way to a black belt.