



BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

ABBs (Abs, Back & Butt) This class focuses on the core stability muscles in the abdominal and low back region. Each class focuses on form, the technique involved in toning, and building strength in this area.

BodyWise Yoga Bend, stretch, and cure whatever ails you. Step-by-step instruction combining the styles of Bikram's Hot Yoga, Iyengar, Ashtanga, and Vinyasa.

Bootcamp This class is for people serious about getting fit. Cardio-circuit with strength training exercises isolating upper body, abs, and legs in a rapid succession to great music to maintain target heart rate.

Core-N-More Come and join us for a safe, fun, balanced workout. This is a yoga and pilates-based workout using swiss balls. A class that anyone can make use of.

Cycling We take you over imaginary hills and valleys, challenge you to some surges and some tough spots, capitalizing on aerobic and anaerobic intensity, all to great music. Bikes are limited, so pick up a ticket 30 minutes prior to class.

F.A.B. 50 minutes of fun, low-impact aerobic exercise. You set your own pace! Increase your endurance, flexibility, balance and coordination, strength and toning.

Hatha Yoga Combined physical poses and stretches, breathing exercises and deep relaxation for improved strength, flexibility and overall well-being.

Power Vinyasa Vinyasa classes offer a flowing set of yoga postures that together help balance and open the body. Postures are linked together with intelligent sequencing and the flow is guided by Ujjayi breath. Please bring a towel.

Self Defense This class teaches self-defense to people of all ages, with an emphasis on defending against multiple or armed attackers. No prior training required.

Sivananda Yoga A vitalizing sequence of asanas and pranayama works to align the charkas and increase the natural flow of energy which leaves us renewed and relaxed, while increasing the strength and flexibility of the body and the mind.

Step The classic step class is found here. Get your heart-rate up and move to great music. Build combinations upon one another until you are really moving and grooving.

Strength & Tone This class is a total body sculpt for all levels. Controlled moves emphasizing perfect form to define the body and build lean muscle mass. You will use a variety of equipment.

Tai Chi Tai Chi Chuan is a Chinese martial art used to develop coordination, balance, posture and strength through relaxed and continuous whole-body movement.

Yoga Basics Anusara Yoga integrates precise biomechanical principles of alignment, inner body awareness, and a celebration of the heart.



Zumba is a cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom. Set to Latin music, you will have so much fun you will keep coming back!