



On Site Fitness Classes

Fitness Classes	Description
Zumba	Hypnotic latin, pop and international rhythms and easy to follow moves to create a dynamic dance fitness program that will blow you away. No previous dance experience required.
Zumba Toning	Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove.
Strong by Zumba	STRONG by Zumba™ is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. ... STRONG by Zumba™ is also characterized by a unique system of progression.
Yoga	Express the art of yoga through body and mind, while reducing everyday stress. Progressive movement to increase flexibility and strength over time is introduced throughout each session. Various types of yoga may be offered depending on participant fitness levels including Vinyasa, Hatha, Nidra and more.
Pilates	Learn the basic principles of Pilates and develop core control and overall flexibility. This mat-based workout is designed to help participants develop leaner, longer-looking muscles, establish

	core strength and stability, and heighten mind-body awareness. Props are incorporated to add variety. Appropriate for all levels.
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Get a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
Essentrics	Essentrics is based on <i>eccentric</i> strengthening which stretches the muscles then strengthens them in the elongated position creating a lean toned body.
Boot camp	Get ready to sweat! Challenge your cardiovascular system with interval challenges, and tone your muscles with resistance training. Learn to use your own body weight to stay challenged throughout this class. Movements may be modified for beginning exercisers. Appropriate for all levels.
Meditation and Gentle Movement for Stress Reduction	Combining mindfulness, breathing, movement and guided meditation to reduce and manage stress. Appropriate for all levels.
Tai chi	Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Appropriate for all levels.
Kickboxing	This class is a combination of cardio, boxing and marital arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you!
Self Defense	Students learn techniques for verbal de-escalation and boundary-setting, physical strategies for dealing with standing confrontations, and practice these in simulated attack scenarios.

Beginning Belly Dance	Learn the basics of the beautiful art of belly dance in this beginning belly dance class. You'll learn fundamental technique, muscle isolations, and posturing, building the necessary strength and balance to shimmy your way across the stage (or your living room). You'll be snaking your way around your house before you know it!
Triple Threat	Triple Threat: This class will focus on the core components of functional movement, mobility and stretching, ending with a cool down. Experience improved posture, balance, strength and flexibility as we integrate exercises that incorporate the entire body. Will include upper/lower body stretching/strengthening, light core work and low impact cardio. Class ends with cool-down exercises and flexibility work.
Hip Hop	This class is an introduction for students who are either just starting out or have minimal hip-hop experience. Class includes a warm-up which concentrates on building stamina, improving strength and flexibility, body conditioning and rhythm isolations. Level I focuses on building a foundation of basic hip-hop movements, across the floor exercises and short combinations to today's popular music.
Piloxing	This program is built on an interdisciplinary system of two extremes – Boxing and Pilates principles. The combination of the two disciplines as the primary exercise components create a sense of balance, both physically and mentally.
POUND Fitness	POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all

	while rocking out to your favorite music!
Yogalates	This class combines yoga and Pilates to give a complete workout focused on developing core strength, flexibility, toning and stabilization through poses, alignment, breath-work and relaxation.
Martial Mindfulness	This class is a full body workout that combines martial arts techniques with the breath work and flexibility practiced in yoga. Techniques will incorporate proper execution of stances, strikes, blocks and kicks found in combat arts with variations to fit all levels of ability. Yoga based flows will help regulate breathing and increase flexibility. Class encompasses balance, agility, and cardiovascular endurance. No prior martial arts or yoga experience is required.
Core and More	This class will improve functional strength for the daily activities while using exercises that will tighten, tone, and focus on the core while assisting in injury prevention.
20/20/20	Mix it up! 20 minutes of cardio, 20 minutes of core work, 20 minutes of resistance training. 60 minutes of a complete total body workout using body weight. All levels welcome.
HIIT	This class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. Modifications can be shown to be suitable for all levels. Push yourself and walk out feeling strong.
Custom	We are able to customize a class for you, just let us know what you have in mind!