

Cardio pump

A high intensity calorie buster that encompasses choreographed cardio followed by weight training and core development for a full body workout. Through the incorporation of weights and upbeat music, this class will leave you breathless in the best way possible!

Active older adult 55+

An active class for beginners with choreographed cardio patterns followed by free weights and mat work. Designed to promote muscle awareness and improve muscle tone. Balance exercises are a must. The choreography is alternated with interval workouts to keep the routine fresh every week!

Bootcamp –

Most people cringe at the thought of bootcamp, but our instructor knows how best to challenge each participant without pushing them over the edge. Bootcamp is a higher intensity circuit style workout but taught in a single station format due to physical distancing and limiting the sharing of equipment. Working with set timed intervals, participants will work at their pace. It is a sure fire way to get the blood pumping, try new exercises and have some fun!

Fusion fitness

A blended class that incorporates posture and exercises from Yoga, Pilates and strength training. This mat-based course provides participants with all the best aspects of yoga, pilates and strength training for an exceptionally well-rounded class that challenges even the most expert Yogi and pilates guru. This low impact class improves participants' strength, flexibility and balance. Participants are encouraged to bring their own Yoga mat.

Barre above

Barre classes are the new trend when it comes to fitness. Barre above includes movements from pilates, ballet and core training. This class is designed for a wide range of fitness levels. The instructor demonstrates a variety of modifications, so expert barre dancers can break a sweat and beginners on the barre can still hit the ground running. Due to physical distancing, we will be using a chair instead of the barre.