**TURBO KICK**

Turbo Kick® is an addictive workout that combines shadow boxing, kickboxing, sports drills, yoga, and simple dance moves in a party atmosphere. Turbo Kick® is an interval based class that allows participants of any fitness level to participate and custom tailor their work-out. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, powerful and effective than the last!

**PILATES**

Developed over seventy years ago by Joseph H. Pilates, the focus of this discipline is to strengthen and stretch the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles. Progress to more advanced exercises that integrate core control, correct breathing and proper alignment with smooth, continuous movements for all of the muscle groups by incorporating the stability ball and weights. (60MIN)

**YOGA**

This form of Yoga consists of postures selected to gently stretch and release the connective tissues around major joints, and put slight pressure on the joints themselves. This method allows individuals of all size, age and flexibility to reacquaint themselves with their bodies so they can notice where they hold stress. (60 MIN)

**CYCLE**

An indoor workout where you ride to the rhythm of powerful music all the way to a calorie burning endorphin high. You burn calories, tighten your frame, and improve both aerobic capacity and anaerobic strength. All fitness levels. (60min) XTREME CYCLE (60 min)

**ZUMBA**

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! (60 min)

**GET UP AND DANCE**

Get Up and Dance is a cardio-based fitness class that puts the focus on having fun while you work out. Each class uses basic, high energy dance moves from all different genres of dance –so expect a little bit of everything: salsa, hip hop, disco, funk, country…you name it! The moves are easy to learn and fun for all fitness levels. So, invite a friend, let go of your inhibitions, and GET READY TO DANCE!
CYCLE AND ABS
Maximize your time and energy with this fun and effective workout which will tone, flatten and strengthen your abdominals. This challenging class incorporates a variety of equipment and positions. CYCLE/STRETCH One hour class; 45 minutes of Cycle followed by 15 minutes of abdominal work and other strengthening exercises.

TRX™ Cardio Combo
This class combines exercises on the TRX™ Strap System, body resistance exercises and HIIT (high intensity interval training). A combination that will increase your metabolism, cardiovascular fitness and overall muscle tone.

Barre
Barre mixes elements of Pilates, dance, yoga and functional strength training using barres and various Pilates equipment. This will push your muscles to the limit with little impact on the joints.

Pilates Fusion
A mix of classical Pilates combined with myofacial muscle release; ideal for sports conditioning and general muscle tension.

Tone and Tighten
Looking for a fun, challenging workout that will define your muscles and balance your physique? This highly efficient, full body workout is just what you need! Define and strengthen your muscles by constantly challenging your body using weights, balls, bands, tubing, and the BOSU.

Tone and Tighten with Intervals
Combine Tone and Tighten with HIIT (High Intensity Interval Training) and you get the most bang for your buck. Strength training and cardio combined