

BODY BLAST -- This full body, circuit-style workout combines anaerobic and muscular conditioning using a wide variety of exercises to increase strength, power, agility, and speed.

SPINNING -- Come and ride with us and cycle your way to a leaner body. Climb and descend hills and mountains, chase the pack, and fly on the flats. This cycling class is designed to burn maximum calories, improve your cardio strength and make you sweat! A motivating group experience with inspiring music, awesome instructors and most of all.....LOTS OF FUN!!!!!!

PILATES -- This is a gentle class that blends together Pilates and yoga. You will strengthen your core (abs, back, hips) with the Pilates half of class, then you'll stretch and strengthen all the main muscle groups with yoga. Some simple balance work will also be incorporated, along with breathing and relaxation exercises. This class is ideal for your rest/recovery day or in addition to your workout.

FITBALL Dumbbells unite with the fit ball to make a dynamic and challenging full-body strength-training class. You will strengthen all the major muscle groups with a focus on core training and flexibility. This class will challenge all levels.

POWER STRENGTH -- This is a fun power-packed class designed to work the entire body through sectional progression. The class will use weighted barbells and dumbbells to perform each exercise along with the use of upbeat, even tempo music to guide the class through a challenging and diverse workout using all muscle groups. Come ready to feel the burn!

YOGA -- is a very popular class to help reduce stress. It will not only stretch muscles, but strengthen them as well. In this form of yoga, you can expect to flow through a variety of poses that will promote core strength and enhance your sense of well being. Students are sure to walk out of class feeling peaceful and calm.

POWER YOGA -- is a vigorous, fitness-based, Vinyasa-style yoga. The emphasis will be on increasing strength, flexibility and stress reduction. Commit to coming to class twice a week for one month and you will notice significant changes in your overall well-being.

AEROFLEX -- is aerobic weight training, which combines strength-training with cardiovascular and flexibility conditioning for a complete cross-training program resulting in more comprehensive fitness. All levels are welcome and encouraged.

ZUMBA® -- When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it,

they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party.

BODY FIT -- is an interval style workout designed to help you burn fat, build cardiovascular/muscular strength and increase endurance with indoor cycling bikes and free-weights. This class is easy on the joints and great for all fitness levels.

CARDIO LITE -- is our intro class to group fitness. Cardio Lite is a very low impact, slower paced, beginner's class. The class is not choreographed and offers a wide variety of exercises to those that want to get their feet wet with classes.

BODYPUMP™ -- is for anyone looking to get lean, toned and fit -- fast. Using light to moderate weights with

lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories*.

Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music -- helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

NIKKFITT -- is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive -- all of our movements are always big, exaggerated, full-out, and our very best.

Turbo Kick® -- the fat-blasting, ab-defining cardio workout that is sweeping the nations health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

BODYSTEP -- The Body Step program is a full body cardio workout that uses steppers. ... The cardio blocks will push fat burning systems into high gear followed by muscle conditioning tracks that will shape and tone your butt and thighs.

ESSENTRICS -- strengthens and stretches every muscle in the body eccentrically, rebalancing the muscular structure in continuous rotational movements. It incorporates various techniques including PNF and isotonic movement while systematically working every joint in the body.

P90X -- is a commercial home exercise regimen created by Tony Horton. Developed as a successor to the program called "Power 90", it is designed to take 90 days and guarantees to kick your butt!

POUND® -- IS THE WORLD'S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.