**Barre Above TM**
Barre Above is a unique approach to barre workouts as you’ve seen them. Fusing the best of Pilates, yoga, aero-bics, and elements of the strengthening exercises dancers do, Barre Above™ delivers a results-driven workout that is fun and dynamic, and will sculpt your body.

**Barre Intensity®**
Barre Intensity® combines attributes of Pilates, dance, and functional fitness training. This class incorporates small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout.

**Butts & Guts**
Come experience a workout designed to shape and tone up your lower body and mid-section. Instructor will incorporate a variety of exercises using a variety of equipment.

**Cycle Core**
A 40-minute ride followed by a 15-minute ab workout, where you will be challenged both on and off the bike.

**CycleFit**
Get ready to enjoy the ride! Each class will offer a new adventure as you climb up steep hills, ride down through valleys, and enjoy the long flat roads.

**Dance Fusion**
Leave the traditional workouts behind and come experience a dance workout like you never had before. Swing your hips and move your feet to today’s a Latin, pop and hip-hop beats.

**Deep Aqua Aerobics**
This cardio based class will make you work. With the aid of a flotation belt, participants will perform movements in deep water (6 or more feet deep) that will work on cardio, toning, and strengthening the entire body.

**Full Body Strength**
Get ready to lift and tone! Participants will use light weights and high reps to target different muscle groups that is sure to make you feel the burn.

**Kettlebell Strength**
This 45-minute dynamic class will focus on the use of kettlebell weights while incorporating a full body strength workout. Instructors will teach technique of proper movements to ensure efficient training.

**Pilates**
Each class will work to lean and lengthen muscles with an emphasis on challenging the core muscles with each movement. Pilates is a challenging yet safe method to sculpt your abdominal, back, glutes and upper legs and to feel increased agility in your everyday movements.

**R.I.P.P.E.D.®**
R.I.P.P.E.D. ® (resistance, interval, power, plyometric, endurance and diet) is the one-stop body shock! Enjoy this fast paced workout that targets the entire body. Muscle groups are targeted in short 6-9 minute segments for a quick yet effective workout.

**Shallow Aqua Aerobics**
This low impact class provides a complete, full-body workout that focuses on cardio, muscular endurance, and resistance training in waist to chest deep water.

**Yoga**
Increase strength, balance, and flexibility while reducing stress and relaxing the mind with a flow of movement through all parts of the body.

**Zumba®**
The ultimate dance party that includes choreography to fun Latin and hip-hop steps and energetic music that will keep you moving.