AMRAP
This circuit based class challenges participants to get as many repetitions as possible (AMRAP) in a set amount of time through a combination of cardio, strength, plyometric, and core movements.

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.

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.

Interval Training
Get ready to sweat! This class keeps you moving by combining cardio and strength training movements with brief rest intervals between sets.

Power Yoga
Power yoga is an active and fast paced athletic practice. Each pose is held for 3 to 5 breaths. This practice places emphasis on strength building and endurance while still maintaining the mindfulness and stress relief that yoga has to offer.

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.

Xtreme Xpress
This quick HIIT (high intensity interval training) workout will push your body to the limit! Enjoy challenging full-body workouts that will leave you wanting more!

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