

Group Fitness Class Descriptions

Turbo Kickbox Step Combo

Cardio workout that incorporates moves from the martial arts.

This class uses a step platform involving stepping up and down while incorporating arm and leg movements.

Spin

A cardio workout involving cycling and adjusting your level of intensity and speed throughout the entire workout.

Power Yoga

Relaxation workout that incorporates breathing techniques with holding certain physical postures, improving core strength.

Zumba

Cardio interval workout involving a mix between Latin and Hip-hop dance movements.

Pilates

Core conditioning that focuses primarily on strengthen the back and abdominal muscles.

Boot Camp

A mix between body sculpting, Calisthenics, and cardio movements all put into one fat burning workout.

Fat Burning Pilates

High Intensity core conditioning that tones & strengthens the entire body while burning fat.

Ball Core Training

A high intensity workout that combines cardio & strength movements incorporating the stability ball.