Ab Attack: A core sculpting workout (30 min.)
Arms & Abs: Core and upper body strengthening workout (30 min.)
Aquatic Exercise: This low impact workout uses the natural resistance of water to strengthen your muscles and take pressure off of the joints (60 min.).
Beach Babes: A dynamic mix of cardio and strength to fun, beach-themed music for summertime vibes all year long (60 min.).
Beginner Yoga: Follow a beginner-friendly yoga sequence (60 min.)
Cardio Kickboxing: Get your heart pumping in this high-energy class (30 min.)
Cycle: Get major miles in this studio spin class (45 min.)
Fierce & Fit: An empowering Hip-Hop/Latin Fusion dance workout designed to bring out your inner performer (60 min.)
Guts & Butts: High intensity workout targeting core and glutes (45 min.)
HIIT: High intensity interval training guaranteed to get your heart pumping (45 min.)
Mindful Yoga: Slowly go through a sequence of Hatha yoga poses (60 min.)
Music Video Cycle: High-intensity and endurance-focused spin class (45 min.)
Pound Rockout: Full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements while using lightweight drumsticks to drum to the rhythm of the music (45 min.)
Power Yoga: Appropriate for those looking for a more strenuous practice and want to add flexibility, balance, and concentration to their exercise routines (60 min.)
Smooth Sculpting: Low-impact body sculpting and cardio (60 min.)
Step Aerobics: Action-packed cardio and strength training (60 min.)
Strong Nation™: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music (60 min.)
Super Sculpt: Total body workout using the step, weights, bars and bands to tone from head to toe (45 min.)
The Knockout: Cardio kickboxing-inspired total body workout (60 min.)
Total Body Conditioning: Full body workout featuring cardio, strength, and core (30 min.)
Vinyasa Flow Yoga: Step-by-step progression that has a beginning, middle and end (60 min.)
Yoga & Meditation: Extended yoga class that includes mindful meditation practices at the end (75 min.)
Zumba®: Latin-inspired dance fitness cardio (60 min.)