

DANCE FITNESS

MIXXEDFIT® is a people-inspired fitness program that combines explosive dance movements with body-weight toning. WE PLAY ALL GENRES OF MUSIC. You will hear hits that you would hear on the radio from Top 40, Pop, R&B, Hip Hop, Rock, Reggae, and everything in between. Moves are repetitive and easy to follow.

ZUMBA® We take the "work" out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Moves are repetitive and easy to follow.

ZUMBA® TONING - Perfect For: Those who want to party, but put extra emphasis on toning & sculpting those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Weights are NOT Required.

AQUA ZUMBA® - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, Aqua Zumba® blends the Zumba® dance fitness philosophy with water resistance, for one pool party you won't want to miss.

DANCE MIX (Low Impact) - Dance your way to fitness! This dance-fitness based class incorporates a wide variety of low-impact aerobic dance moves These moves are designed to be engaging, fun, and suitable for different fitness levels.

TURN UP®- Turn Up Dance Fitness combines elements of dance and fitness in a way that allows the class participants and instructors the freedom to take their experience to the next level without limits! This is a HIIT-inspired dance fitness workout. You will burn fat, build muscle, boost metabolism, and not only burn major calories during class but continue to scorch them for hours after class finishes!

FUNCTIONAL FITNESS

SILVER-SNEAKERS® - SilverSneakers is an exciting, invigorating program that can help active older adults get better control over their health by supporting exercise and training programs that Move you through a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living.

FOREVER FIT - a low impact workout that incorporates a whole body movement to build strength, improve balance and increase range of motion to help you stay forever fit, everyone is welcome.

BOOT-CAMP - Challenging, whole-body workout focused on building strength and endurance through a variety of different exercises.

CIRCUIT - An efficient and challenging form of conditioning that develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations

POWER SCULPT - Get ready for an entire body muscle training workout. Use a variety of resistance training tools, weights, and body weight.

METABOLIC BODY FUSION - Strength & Cardiovascular Conditioning, Designed to “tone and condition muscles” while raising metabolic rate for rapid fat-burning.

PILATES SCULPT -The basic method of “mat-based” core training which includes abdominal, back, and hip muscles with additional muscle conditioning work.

BARRE-PILATES - Combines attributes of Barre- Pilates provided on the center floor space, using mat, ball and chair.

STRONG Nation™ - Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. A HIIT program using traditional fitness moves for an athletic-conditioning style workout.

30/30 - Mixture of Dance Fitness 30 Min (Zumba-Mixedfit) followed by 30 min of Tabata (Strength Focused) . We will go through a Series of exercises, we work for 20 sec and rest for 10 sec.

TABATA MIXER - a class for all levels, 30 min (strength and light cardio focused) NO dance fitness, we will go through a series of exercises, we work for 20 sec and rest for 10 sec.

BPY - Barre, Pilates, Yoga. designed to be a full-body, muscle endurance workout. Typically, they're broken into different sections that focus on major muscle groups including the arms, legs, glutes, and core. The muscles in each group are fatigued via small targeted movements, high numbers of repetitions, and light weight or resistance finishing with yoga-stretch movements.

MIND & BODY

MEDITATIVE YOGA FLOW - Yoga class that Incorporates energetic movement through a series of Yoga Movements, by which the student experiences a sense of fluid physical motion.

TAI CHI® - This traditional Chinese martial art consists of slow, gentle exercises designed to heal and energize the whole person: mind, body, emotions, and spirit. Proven to lower stress while improving respiration, balance, mobility and strength.

CHAIR YOGA - This yoga class is performed while seated or with the aid of a chair and is targeted for every "body." Come join us as we connect body, mind and breath. Relaxation and meditation follow.

MAT YOGA - Flow through a series of dynamic movements that will increase your flexibility and restore balance and strengthen core muscles of the lower back and abdominal. Yoga is the ultimate class of focus and self-awareness.

STRETCH & MORE - Standing and use of chair, bosu ball, stretch bands, yoga straps can be used. We will focus on Stretch, Flex, Balance and Stability. Stretching is a key component of any well-rounded exercise routine. And yet this vital element is often overlooked by many of us. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints and help prevent injuries!

DEEP STRETCH - Basic Stretch and basic yoga poses. Stretch your muscles, and increase your flexibility and range of motion. Grab a mat, this class is for ALL levels, allow yourself to recover from your workouts, you will leave class with a relaxed mind and body.