



Ballet Barre: This class is ideal if you're just getting into exercise, or looking to stay lean. The class will improve your balance, build strength, make you more flexible, burn calories, and improve stability through a stronger core. As you get more comfortable with the fundamentals we will ramp up the intensity by adding weights and more challenging moves.

Cardio Core: Burn calories and strengthen your core muscles through a series of high intensity cardiovascular exercises and core exercises! This class includes challenging full body workout movements that targets all major muscle groups while strengthening your core muscles.

Cardio Dance: This low impact class with choreographed moves will get your heart rate up while keeping your joints safe. If you love to dance to the beat, this class is for you!

Core Explore Barre Mat: This class will take traditional Barre movements onto the mat to focus solely on toning, tightening, and engaging your core. However not like a traditional Barre being on the mat allows us to add more cardio based exercises.

Power Cardio Combo: Strengthen and tone with intervals of cardio and strength training using hand weights, body weight and other props in this dynamic total body workout! Working at your own pace makes this class a great choice for all skill levels to receive a strength training/cardio workout.

Power Up!: A seated class for members who are dealing with Parkinson's disease or any other condition that affects mobility. The class will consist of seated cardiovascular exercises, strength and balance, coordination, and cognition exercises.

Samporna Holistic Yoga w/ Preeti: Unwind and relax physically, mentally as well as spiritually as you start your weekend morning! Energy boosting Sun salutations, gentle stretches (Sukshma Vyayam), various yoga postures (Aasans) that work on the flexibility and strength of your muscles and joints relieving minor aches and pains, calming breathing techniques (Pranayam) and meditation techniques (Dhyan) that ultimately help get rid of any negativity and/or stress built over the weekdays. Rejuvenate completely with holistic yoga and get ready to bounce back with full of positive energy, calm mind, fit body and fresh look out .

Water Aerobics: Join us in the pool for a total body workout using noodles and water dumbbells to elevate your heart and strengthen all your muscles. Great for all energy levels

Yoga w/ Stephen and Stef: This slow flow-style class allows participants to move through a range of yoga poses ("asana") that strengthen what's weak and lengthen what's tight. Modifications are offered to accommodate all levels of experience. Practiced regularly, yoga builds strength, balance, and focus and helps participants experience greater peace and relaxation.

Yoga w/ Terri: Vinyasa Flow: In this class we will move our body mindfully with the breath into a variety of seated, supine, and standing postures. Class is sequenced in a way to help increase flexibility, balance, and strengthen and tone muscles. The use of props is encouraged and modifications are made to accommodate all levels of practitioners.

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Tone: Bringing strength training to the Party!