

Class	Location	Description
Aquafit	Pool	Dive into fitness with our Aquafit class! This low-impact water workout is perfect for all fitness levels, offering a fun and refreshing way to build strength, improve cardiovascular health, and enhance flexibility. Using the resistance of water, you'll engage in a variety of exercises that target all major muscle groups, providing a full-body workout without the strain on your joints.
Barbell Blitz	Studio 1	Tone and sculpt your body with Body Pump! Using light to moderate weights, this barbell workout focuses on high repetitions to build strength and endurance. Perfect for all fitness levels, you'll leave feeling strong and empowered!
Cardio Fusion	Studio 1	Get ready to sweat in our Cardio Fusion class! This exciting workout combines high to low-impact cardio movements with strength training, creating the perfect full-body blast. You'll alternate between heart-pumping cardio exercises and dynamic weighted movements, ensuring a comprehensive workout that tones your muscles and boosts your endurance.
Candlelight Yoga	Yoga Studio	Wind down your day with a nurturing and relaxing practice. You'll move through some gentle stretches guided by candlelight, and then indulge in a sweet practice that will set you up for a great night's rest.
Group Fitness	Studio 1	Work every part of your body under the direction of your instructor in this group class.
Hatha Yoga	Yoga Studio	Experience balance and harmony in our Hatha Yoga class! This gentle yet effective practice focuses on the alignment of the body and breath, making it perfect for beginners and seasoned yogis alike. Each session includes a series of asanas (postures) designed to increase flexibility, strength, and relaxation. You'll cultivate mindfulness as you flow through poses at a comfortable pace, allowing for deep stretches and a sense of inner peace. Join us to unwind, rejuvenate, and reconnect with your body and mind in a serene and supportive environment.
HIIT (45)	Studio 1	Get ready to sweat! Our HIIT class is designed to maximize your workout in minimal time. Alternating between short bursts of intense activity and brief rest periods, you'll boost your metabolism, improve your endurance, and burn calories long after class is over. Perfect for all fitness levels!
Hot Yoga	Yoga Studio	Step into the heat with our Hot Yoga class and elevate your practice! Set in a heated room, this dynamic session combines traditional yoga postures with the benefits of warmth, promoting increased flexibility, detoxification, and deeper relaxation. As you flow through a series of challenging poses, the heat helps to warm your muscles, allowing for greater range of motion and improved strength.
Knockout Strength	Studio 1	Unleash your inner fighter in our Cardio Boxing & Weights class! This high-energy workout combines the intensity of boxing with cardiovascular training for a fun and effective way to get fit. You'll learn fundamental boxing techniques while moving through a series of drills and combinations that elevate your heart rate and tone your muscles. Part of the class will also focus on a weight component. Perfect for all fitness levels, this class emphasizes skill, agility, and endurance, making it a great way to relieve stress and boost your mood.
Metabolic Meltdown	Studio 1	Ignite your calorie burn with our Metabolic Meltdown class! This high-intensity interval training (HIIT) workout is designed to maximize your metabolic rate, keeping you burning calories long after you leave the gym. Each session features a mix of explosive movements and strength exercises that challenge your body and elevate your heart rate. You'll engage in short bursts of intense activity followed by brief recovery periods, ensuring you push your limits while enhancing endurance and strength. Suitable for all fitness levels, Metabolic Meltdown will leave you feeling accomplished and energized.
Mindful Flow (Yoga)	Yoga Studio	Embrace serenity and self-awareness in our Mindful Flow Yoga class. This gentle yet invigorating practice seamlessly blends breath, movement, and mindfulness, allowing you to connect deeply with your body and mind. Each session guides you through a series of flowing postures that promote flexibility, strength, and relaxation, all while encouraging a meditative state. Perfect for all levels, this class invites you to cultivate awareness of the present moment, helping to reduce stress and enhance overall well-being.
Mobility Stretch	Yoga Studio	Unlock your body's potential in our Mobility Class! Designed to improve joint function, flexibility, and overall movement quality, this class focuses on dynamic stretching, foam rolling, and targeted mobility exercises. You'll learn techniques to enhance your range of motion, prevent injuries, and support better performance in other physical activities. Perfect for all fitness levels, this class provides a welcoming environment to explore your body's capabilities and relieve tension.
Morning Rise (Yoga)	Yoga Studio	Rise and shine with our invigorating 6 AM Morning Yoga class! Start your day with a mindful practice designed to awaken your body and calm your mind. This rejuvenating session combines gentle stretches, breathing exercises, and sun salutations to help you cultivate energy and focus for the day ahead.
Muscle Pump	Studio 1	Get ready to sculpt and tone your body in our Muscle Pump class! This energetic workout focuses on high-repetition strength training using light to moderate weights, designed to build muscle endurance and definition. With a mix of classic exercises and dynamic movements, you'll target all major muscle groups while boosting your metabolism.
Pilates	Yoga Studio	Strengthen your core and improve your posture with our Pilates class. Focused on controlled movements and precise alignment, this low-impact workout will enhance your flexibility and balance. Suitable for all fitness levels, you'll feel the benefits in your everyday activities.
Rise 'n Grind (HIIT)	Studio 1	Get ready to hustle with our Rise & Grind HIIT class! This energizing morning workout combines high-intensity intervals with strength training to kickstart your metabolism and set the tone for your day. Each session features a dynamic mix of cardio bursts and challenging exercises designed to push your limits and maximize calorie burn in a short amount of time. Perfect for all fitness levels, this class provides a motivating environment to help you crush your goals and leave feeling accomplished.
Spin	Spin Studio	Join our high-energy Spin Class for an exhilarating ride! Experience a challenging workout with climbs, sprints, and intervals that will get your heart racing and legs burning. Suitable for all levels, this class is all about motivation and pushing your limits! You set the resistance!
Step	Studio 1	Elevate your fitness routine with our Step Class! This dynamic workout combines rhythmic stepping on a platform with energizing music to create a fun and engaging cardio experience. You'll learn a variety of choreographed routines that improve coordination, endurance, and strength, all while burning calories and toning your muscles.
Strength	Studio 2	Build muscle and boost your confidence in our Strength Class! This empowering workout focuses on weight training and resistance exercises designed to target all major muscle groups. You'll use a combination of free weights, resistance bands, and bodyweight movements to enhance strength, improve posture, and increase overall endurance.
Strength and Move	Studio 1	Build muscle and boost your confidence in our Strength Class! This empowering workout focuses on weight training and resistance exercises designed to target all major muscle groups. You'll use a combination of free weights, resistance bands, and bodyweight movements to enhance strength, improve posture, and increase overall endurance.

Stretch and De-Stress	Yoga Studio	Unwind and rejuvenate in our Stretch and De-Stress class! This calming session is designed to help you release tension and improve flexibility through gentle stretching and mindful breathing techniques. You'll flow through a series of restorative stretches that target tight muscles, promote relaxation, and enhance overall well-being. Perfect for all fitness levels, this class provides a soothing environment to let go of stress and reconnect with your body and mind.
Stretch and Flow (Yoga)	Yoga Studio	Immerse yourself in tranquility with our Stretch and Flow Yoga class! This harmonious practice blends gentle stretches with fluid movements, allowing you to enhance flexibility, release tension, and cultivate mindfulness. Each session guides you through a series of poses that flow seamlessly together, promoting relaxation and strength while encouraging a deep connection between breath and movement.
Stretch, Relax and Meditate (Yoga)	Yoga Studio	Find your inner peace in our Relax and Meditate Yoga class! This gentle session focuses on deep relaxation and mindfulness, combining restorative poses with guided meditation techniques. You'll be led through calming sequences that promote relaxation, reduce stress, and enhance mental clarity.
TRX	Studio 1	Get ready to take your fitness to new heights with our TRX Class! Utilizing the innovative suspension training system, this class focuses on bodyweight exercises that enhance strength, balance, and flexibility. You'll engage your core and work multiple muscle groups simultaneously, promoting functional movement and stability. Suitable for all fitness levels
Walk it Off	Basketball Gym	A purposeful 30 minute walk around the gym's track using various arm and leg movements. Last half of the class involves 15 minutes toning trunk exercises and 15 minutes relaxation, breathing and stretch exercises.
Yoga	Yoga Studio	Discover balance and inner peace in our Yoga class! This comprehensive session is designed to cater to all levels, combining a variety of poses, breathwork, and mindfulness techniques. You'll flow through a sequence of asanas that promote strength, flexibility, and relaxation, helping you to connect deeply with your body and mind.
3 in 1	Studio 1	Maximize your workout with our invigorating 3-in-1 class! This unique session combines three dynamic fitness styles—cardio, strength training, and core work—into one comprehensive workout. You'll start with an energizing cardio segment to get your heart pumping, followed by a strength training portion that targets all major muscle groups, and finish with a focused core workout to strengthen and stabilize your midsection.
Zumba	Basketball Gym	Dance your way to fitness with Zumba! This fun and energizing dance party incorporates various dance styles, set to infectious beats. Whether you're a seasoned dancer or just looking to have a good time, Zumba will elevate your mood and your heart rate!
K2 Shred	Studio 1	A dynamic 60 minute fitness program designed to push your limits and elevate your workout experience. This high-energy class incorporates a mix of core work, bodyweight exercises, and kettlebell movements in timed intervals or circuits, guaranteeing a fun and challenging session every time. Get ready to break a sweat while building strength and enhancing your overall performance. Whether you're a seasoned gym-goer or new to the fitness scene, K2 Shred offers a comprehensive workout that will leave you feeling accomplished and ready to tackle any challenge that comes your way. Get ready to shred those fitness goals with K2 Shred!