

Water-Based Classes

- **Aqua Fit** – A full-body, low-impact workout in the water that blends cardio, strength, and flexibility for an energizing start to your day.
- **Aqua Zumba** – Make a splash with this high-energy aquatic workout that combines the fun of Zumba with the resistance of water. Just add water—and shake!
- **RipTide 45** – A full-body, low-impact aquatic workout that combines cardio, strength, and flexibility in just 45 minutes.
- **WOGO (Work Out, Get Out)** – A high-intensity aquatic workout blending cardio and strength—all in 45 minutes. Perfect for your midday break so you can get back to class or the office ready to conquer the rest of your day!

Dance & Rhythmic Workouts

- **Cardio Dance** – A high-energy dance party with dynamic cardio moves set to upbeat music.
- **Country Dance** – Learn fun, social country-style moves like the two-step, swing, and line dancing.
- **Line Dancing** – A fun, beginner-friendly dance class that teaches easy-to-follow choreography to upbeat music. Great for all levels and a perfect way to get moving while having a good time!
- **Extreme Hip Hop** – A high-energy step aerobics class that combines hip hop dance moves with step routines for a fun, full-body cardio workout. Set to upbeat music, this class keeps you moving, sweating, and smiling—no dance experience needed!

Cycling Classes

- **Late Night Ride** – A high-energy cycling class featuring glowing lights and great music for a fun nighttime experience.
- **Lunchtime Cycle** – A quick, invigorating midday ride to recharge your body and mind.
- **Raider Ride** – A heart-pumping cycling class with hills, sprints, and powerful motivation.

- **Sunrise Cycle** – A morning cycling session designed to energize and prepare you for the day ahead.

Strength & Conditioning

- **Arms + Abs** – A focused strength class designed to sculpt your upper body and core with resistance training and isolation work.
- **Barre** – A fusion of Pilates, ballet, and yoga that delivers a full-body, low-impact burn.
- **Booty + Abs** – A targeted class focused on toning and strengthening the glutes and core.
- **Cardio HIIT** – High-intensity interval training to build endurance, increase strength, and burn fat.
- **Core** – A focused class to strengthen the abs, obliques, and lower back for improved stability.
- **Kickboxing** – A fast-paced cardio and strength workout using martial arts-inspired moves.
- **Strength** – A resistance-based class designed to build total-body strength using weights and bodyweight exercises.
- **Step and Tone** – A fun combination of step aerobics and strength training for a full-body workout.

Mind & Body

- **Integrative Yoga** – A 75-minute yoga practice that combines movement, breathwork, and deep stretching for total wellness.
- **Mat Pilates** – A core-focused, low-impact class designed to improve strength, flexibility, and posture.
- **Sunrise Pilates** – A mindful morning Pilates class to help you feel centered, strong, and ready for the day.
- **Beginner Yoga** – A gentle, breath-connected yoga practice focused on flexibility, strength, and relaxation.

- **Yin Yoga** – A slow-paced, meditative practice that targets deep connective tissues through long-held, passive stretches to improve flexibility and reduce tension.
- **Yoga Sculpt** – A beginner-friendly, energizing yoga class that blends simple strength movements with light weights and flow-based poses to build endurance and tone muscles.