

Fitness Class Times and Descriptions

AB ATTACK - Challenge yourself to this rewarding workout guaranteed to tighten and tone your abdominal muscles.

15 minute class

ADVANCED STEP - 45 minutes straight of complex step patterns; give your body a workout as well as your mind.

45 minute class

BODY SHOCK - A total body workout. Strengthen your muscles and your heart with intervals of step combinations, power moves, and body sculpting.

1 Hour class

BOOT CAMP - Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training.

1 Hour class

BUTTS & GUTS - This class specifically focuses on the abdominal and glute muscles.

30 minute class



GROUP POWER - Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

1 Hour



GROUP GROOVE - If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.

1 Hour



GROUP STEP - Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

1 Hour

KICKBOXING - Sweat your stress away with various kicks and punches using kickboxing bags. This class will have you doing moves using muscles you never knew you had. (Tuesday 9:30am class does not use bags).

1 Hour class

PILATES - Conditioning class that improves muscle control, flexibility, coordination and strength. Pilates concentrates on alignment, lengthening all of the muscles in the body.

1 Hour class

PILATES FUSION - Focus on core conditioning and flexibility using controlled movement to help improve body awareness and increase overall fitness. Suitable for all levels and ages.

1 Hour class

STEP IT UP - 45 minutes of straight stepping. This energetic step class utilizes creative choreography and keeps your heart pumping. Ends with abdominals.

1 Hour

YOGA - Explore the mind-body connection by learning how to focus, relax and improve circulation.

1 Hour class



GROUP KICK Launching January 12. Do you want to start learning the kicks and punches now? Group Kick Technique Workout Classes are starting December 7. Group Kick instructors will teach you the names of the moves, the correct form, the class format, and will even sample a track for you to practice on. AND we are giving you a chance to win Kickboxing Wraps (optional to the class). The more Technique Classes you attend, the greater the chance you have to win. Winners will be announced at the launch in January. Bring it on!!