Aqua Fit – Deep Water: Water exercise designed to maximize your toning workout through minimal impact using a deep-water flotation belt.

Aqua Zumba: Looking to make a splash add a low impact, high energy aquatic exercise to your fitness routine. Blend the ZUMBA philosophy with water resistance, for one pool party you shouldn’t miss.

Arthritis Stretch: Participants will use gentle movements to help increase range of motion while decreasing stiffness and pain. Helps improve strength/flexibility.

Boot Camp: Challenge every muscle group, improve your cardio strength, and push yourself to a new level of fitness. A multi-level class, begin with the level best for you.

Fitness Mania: Instructors chose several exercises and set them up in timed stations. The instructors will choose a variety of exercises at their discretion. Exercise may include the use of bands, tubing, TRX, kettle bells, Db’s, medicine balls, battle rope, spinning bikes, plyo boxes and body weight movements. This class has a small group training format!

Hip Hop + Abs: This class is a combination of both dance and fitness moves that is an all over cardio workout. You will be so into the music you will not even realize you are working out! Come Shake!

Kickboxing: This class uses kicking and punches movements in fun combinations that elevates your heart rate, so you can expend more calories and sculpt the body you have always wanted.

Pilates: A body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, hips, arms and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance

PiYo: Intense, music-driven, athletic fusions of Pilates and yoga that will make you sweat!

Plyo Pump: An intense cardio workout filled with interval plyometric movements with core strength and abdominal focus. Each class is different and can be modified to your fitness level. All fitness levels welcome.

ROCKspinning: This class is all about simulating an outdoor bike experience to music. The instructor will guide you through a ride that includes sprints, jumps, and seated/standing climbs. Please bring a towel and a water bottle.

TRX Suspension Training: “Born in the Navy Seals, TRX body weight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. No matter what age, injury, out of shape or pro-athlete, TRX suspension training meets you where you are and takes you where you want to go. Use your body as your machine!”

Yoga: Different forms of yoga will be explored throughout this semester. Class will build physical strength as well as a strong bond between the mind and the body.


Pilates: A body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, hips, arms and back. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance

Rock Box: A challenging kickboxing class that uses speed, agility and power combined with kicks, punches, upper cuts and hooks. A great way to spice up your workout!