

Pilate Yoga Fusion: A mix of Pilates and yoga wrapped into one amazing 55 minute class. Health benefits: endurance, flexibility, strength and the release of stress.

SS Circuit – A class full of high energy and great music. Light weights, Bands, mini exercise balls, chairs and body weight are all incorporated into this 45 minute class. All fitness levels are welcome. Health benefits: Strength, stability, cardiovascular, and boosts your mood.

Body Fit- If you get bored with the same Fitness routine and love to change it up, check this class out. They do different circuits while including a full body workout using many types of equipment. Health Benefits: cardiovascular, muscular endurance, and strength.

Spinning-An indoor cycling class with a bike that has various resistant levels to make your workouts as easy or as hard as you would like. High energy and fun class for all. All fitness levels are welcome. Health benefits: weight loss, low impact cardio, endurance and strength.

Silver Sneakers- For older adults looking to stay fit and active while having fun. This class helps gain muscle by using many different techniques and equipment. Health benefits: low impact, strength, stability, and cardio.

S.S Yoga – A class that is designed for older adults. It helps improves fitness levels by stretching the muscles in a seated or standing position. Health benefits: increases muscles tone, builds strength, help with joints, flexibility, Range of Motion and balance.

Spin and Stretch – 30 minutes of the class is Spinning and the last 15 minute giving you a very nice stretch to leave you feeling great. Health benefits: Cardio, stretching, low impact, weight loss, endurance and strength.

Zumba- This class is for EVERY BODY! Fun, energetic 60 minute class. It's a fitness party! Let it move you. Health benefits: fat burning, coordination, cardio and mood boosting.

Strength Training – Use light weights with many reps for strength and endurance. Health benefits: Toning, strength, stability and endurance.

Circuit- A comprehensive workout including hand weights, moderate cardio and stretching in 1 hour! All fitness levels. Health benefits: Cardio, strength and full body workout.

Spin and Core- A 45 minute class that not only works your glutes, hamstrings and thighs but also adds a mix to things by adding core exercises. Health Benefits: Core, strength, endurance, cardio and low impact.

Fit Fusion This class is a one stop shop for working out. Getting fit, losing weight and toning up all in a 50 minute class. Health benefits: strength, toning, increased HR and full body workout.

Butts and Guts This class is exactly what it reads. First you work the legs and butt and then you move to the Abs. This is a great workout to Tone and strengthen those muscles. Health benefits: cardio, toning full body and strength.

Yoga- This class is built around many slow moving motions that sway to strengthen and relax your body while gaining flexibility, strength and stability. Health benefits: Flexibility, stability, and stress release.

Tone and Stretch Who doesn't want to tone their muscles and leave feeling flexible and energized at the end? Health benefits; Toning, strength, flexibility and stability.

Barre- This 50 minute class is a Ballet inspired class. It is a total body workout with low impact and focus more on the alignment of the body. Health benefits: Flexibility, targets the abs, thighs and glutes and core.

Yoga Stretch A class that emphasis on your breath and body position, while getting a good stretch. Health benefits: Body alignment, stability and flexibility.

Cardio and Strength Get your heart rate up and then strengthen your muscles, this class has it all. Health benefits: Cardio, strength, and endurance.

Strong by Zumba (HIIT) –Stop counting the reps and start counting the beat. Every squat, every lunge every burpee is driven by the intense music, helping you make it to the last rep and maybe even 5 more. Health benefits: muscle conditioning, cardio, strength and endurance.

Step – A choreographed routine using a step to work and tone the muscles. Health benefits: Cardio, coordination and balance.

Circuit training: Cardio, strength and ab work that will take place in stations. Any fitness level is encouraged to attend. Health benefits: Cardio, whole body toning and endurance.