

Aerobics/Step - A form of aerobic activity that is an extension of floor aerobics. The step combinations are fun and creative while getting a terrific sweat producing workout

Beginning MMA - Is a full contact combat sport that allows a wide variety of fighting techniques and skills, from a mixture of martial arts traditions and non-traditions, to be used in competitions. The rules allow the use of both striking as well as grappling techniques, both while standing and on the ground.

Body Pump® - Challenge yourself with a full body barbell workout that strengthens and tones your entire body that is set to great music.

Boot Camp - This is a high intensity, military style workout class incorporating cardio, strength training, circuit training and obstacle courses. This class packs a hard workout into one 45 minute session.

Circuit/Guts& Butts - This challenging but fun class alternates between step aerobics and circuit training with weights targeting those hard to work areas; abs and glutes.

Cross Fit - Cross fit is a strength and conditioning program designed for universal scalability making it the perfect application for all fitness levels.

Judo (Kodokan) - This class involves grappling on the ground utilizing specialized pins and control holds and teaching the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage and movement in performance of Judo throws and other skills. Skill, technique and timing are the essential ingredients for success in Judo, rather than the use of brute strength.

Karate - A martial art that deals with attacks through evasive body movements and/or blocking and counter attacks using kicks, punches and strikes.

Kids' Boot camp - Fast paced workout to burn off all that energy that kids contain. Class will consist of games and exercises to get moving and have FUN!

Kickboxing & Weight Lifting – This class combines aerobics with kicks and punches along with abdominal training and strength training to create one great sweat producing workout.

Pilates - This is a traditional floor Pilates using your own mat or the Y's. The focus is on core strength, total body flexibility posture and balance.

Running class -Come and run! Work on increasing your speed and endurance and have fun with a variety of workout locations and running activities. This class is best suited for individuals/non-beginners that is currently doing some running. Typical workouts are between 3 and 4 miles.

Sculpt & Strength – This class uses a variety of hand weights, bands, BOSU, weight bars and other equipment to strengthen and tone your muscles.

Spinning (indoor cycling) – Spinning classes are fun with lots of group support as you challenge yourself on flats, hills and interval drills. All fitness levels are welcome as you ride at your own pace. A water bottle and towel are recommended.

Yoga (Hatha) – Focuses on basic classical yoga postures, alignment principles and breathing techniques. Yoga helps reduce stress and increase overall well-being.

Yoga (Back and Core) – This class is designed to help those alleviate back pain by strengthening and stretching the back and core muscles. This class is appropriate for all fitness levels.

ZUMBA® - All levels and ages are welcome to dance their way to fitness. This hour of Latin music with easy to follow moves creates a dynamic fitness program.

ZUMBA® Toning – When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.