

Aquafit	A workout using water for resistance, toning muscles, and increasing endurance and flexibility.
Deep Aquafit	An invigorating class that combines cardiovascular and strength conditioning in the water (deep water).
Gentle Shallow Aquafit	A gentle workout made to put your joints through all the range of motion in order to increase and maintain mobility.
Zumba®	This energizing dance fitness class features Latin and international rhythms
Pilates	Pilates classes are a full body workout that create long, lean muscles. Pilates is performed on a mat on the floor and achieves results by using gravity and your body's own resistance — and sometimes small props, such as foam rollers, balls or weights. This beginner friendly class is ideal for multiple fitness levels. Pilates will improve your flexibility, posture, strength, and balance.
Yoga	Techniques focus on posture, breathing and meditation. Participants will gain strength and flexibility, as well as develop mind and body relaxation.
Gentle Hatha Yoga	Gentle yoga movements at a slower pace. This class is suitable for all levels and great for beginners.
Yin Yoga	A slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles.
Gentle Yoga	This class is a combination of a regular yoga class and a yin yoga class.
HIRT	High-Intensity Resistance Training focuses on full-body workouts using medium-to-heavy resistance to build strength and lean muscle. A variety of equipment will be used, including your own body weight. No high impact/plyometrics
Total Body Strength	A full body workout that combines traditional strength exercises and functional training using a variety of equipment.
LifeFit	LifeFit classes have been designed to enhance your healthy lifestyle through scientific evidence based exercise programs. The class aims to improve your body composition, lean muscle mass and physical function.

Strength & Balance	This low/moderate intensity class features exercises that focus on everyday movements to improve balance, strength and stability. The class is not appropriate for participants who use walking aids or cannot stand without support for periods of time.
Fusion	This class combines elements of yoga, pilates and fitness to stretch muscles, strengthen the core and challenge your balance.
Cardio Sculpt	Class will focus on a series of cardio moves combined with full body resistance movements utilizing various pieces of equipment.
Cardio Strength/Circuit	Full body, interval style workout using variety of equipment and body weight to improve and challenge both cardio and strength while also boosting metabolism.
Core and Stretch	A 45-minute class which starts with a gentle warm up and includes balance exercises, core and back strengthening while standing and on the floor. The class ends with 15-20minutes worth of stretching for the entire body.
Glutes and Abs	Build muscle and core stability this strength-focused abs and glutes workout.
LIIT	Low Intensity Interval Training. The gentler cousin of high-intensity interval training (HIIT), LIIT consists of low-impact exercises performed in intervals followed by a slower-paced recovery period.
Sculpt and Tone	Elevate your traditional resistance training with our Sculpt & Tone program, designed to help you achieve your fitness goals through progressive, goal-oriented routines. Enjoy a simple yet effective approach to enhancing muscular strength, function, shape, and definition.
HIIT/Circuit	Transform your fitness journey with our upbeat sessions designed to deliver impressive results fast. Our classes blend cardio and strength training in a 60/40 split to help you tone up without bulking up. Each month, we mix things up with different styles like circuit training, Tabata, and HIIT to keep you motivated and excited.
Mobility 101	Previous injuries, chronic pain, starting exercise? This class is for you! Focusing on rehabilitation and functional exercise this class will help guide you back into good health
Mobility 201	This class is a more advanced level of fitness exercises, for those who have outgrown Mobility 101 class.

Total Body Fit	A full body strength-focused workout, using dumbbells, accessories, and bodyweight exercises.
Body in Balance	Modern infusion of Yoga, Pilates and Tai Chi that builds flexibility, strength and leaves you feeling centered and calm. The moves are carefully curated and set to perfect music, so it's easy to forget that you're challenging your body and changing it for the better.