

A refreshing and versatile water workout that combines the benefits of both deep and shallow water exercises. This class uses the natural resistance of water to build strength, improve cardiovascular fitness, and enhance flexibility, all while being gentle on the joints. In the shallow section, enjoy **Blended Aquafit** dynamic movements that boost endurance and tone muscles, while the deep water segment challenges your core and balance through low-impact, resistance-based exercises. Perfect for all fitness levels, Blended Aquafit offers a full-body workout that's energizing, supportive, and fun—making fitness feel weightless and accessible for everyone.

A calm and supportive water workout that combines gentle exercises in both shallow and deep water to improve mobility, strength, and cardiovascular health with minimal joint impact. This class is **Gentle Blended Aquafit** perfect for those looking for a low-intensity, full-body workout that enhances flexibility, balance, and endurance in a relaxing aquatic environment. Whether you're new to aquafit, recovering from injury, or simply seeking a gentle yet effective exercise, Gentle Blended Aquafit offers a refreshing way to move and strengthen your body with the natural resistance and buoyancy of water.

A dynamic and refreshing full-body workout that harnesses the natural resistance of water to sculpt and tone muscles, boost cardiovascular endurance, and enhance flexibility. Perfect for all fitness levels, **Aquafit** offers a low-impact yet highly effective way to strengthen your body, improve balance, and invigorate your mind — all while moving weightlessly through water. Whether you're aiming to build strength, improve joint mobility, or simply enjoy a fun and energizing exercise, Aquafit delivers results in a supportive, low-stress environment.

An exhilarating and low-impact workout that blends heart-pumping cardiovascular training with full-body strength conditioning — all performed in the supportive environment of deep water. Using the natural resistance of water to challenge every muscle group, this class improves endurance, tones the body, and enhances core stability without the stress on joints. Ideal for those seeking an intense yet joint-friendly workout, it's a powerful way to build strength, boost stamina, and leave you feeling refreshed and energized. No swimming experience necessary — just a willingness to dive into a revitalizing fitness experience! **Deep Aquafit**

A soothing, low-impact workout thoughtfully designed to guide your joints through their full range of motion, helping to enhance flexibility, maintain mobility, and support overall joint health. Perfect for those seeking a restorative and accessible exercise option, this class emphasizes smooth, controlled movements that reduce stiffness, improve circulation, and promote long-term functional wellness — all without placing stress on the body. Ideal for all fitness levels, especially those recovering from injury or managing joint sensitivity. **Gentle Shallow Aquafit**

An electrifying dance workout that blends exhilarating Latin and international rhythms into a high-energy fitness experience! Move to the beat of salsa, merengue, reggaeton, and global dance styles as you burn calories, boost your mood, and improve coordination — all while having a blast. This **Zumba®** class turns every session into a joyful celebration of movement, making it the perfect way to stay active, feel empowered, and dance your way to a healthier you. No dance experience needed — just bring your energy and let the music move you!

A mindful and transformative workout focused on building core strength, improving posture, and enhancing flexibility through precise, controlled movements. Rooted in breathwork and alignment, Pilates targets deep stabilizing muscles to develop a strong, balanced body and a heightened sense of body awareness. Ideal for all fitness levels, this low-impact practice supports spinal health, tones muscles without bulk, and promotes graceful, functional movement — both on and off the mat. Whether you're seeking improved athletic performance, rehabilitation support, or a calmer mind-body connection, Pilates offers strength from the inside out.

Pilates

A holistic practice that combines gentle movement, breath awareness, and mindfulness to promote physical strength, flexibility, and mental well-being. Suitable for all fitness levels, this class offers a balanced flow of poses designed to stretch and strengthen the body while calming the mind. Whether you're new to yoga or deepening your practice, join us to improve posture, reduce stress, and cultivate a greater sense of balance and relaxation in a supportive, community-focused setting.

Yoga

A calming and accessible yoga class designed to nurture your body and mind through slow, mindful movements and deep breathing. Perfect for beginners, seniors, or anyone seeking a restorative practice, this class focuses on gentle stretches, basic poses, and relaxation techniques that improve flexibility, reduce stress, and promote overall well-being. Embrace a peaceful environment where you can unwind, reconnect with yourself, and cultivate balance at your own comfortable pace.

Gentle Yoga

A soothing and slow-paced yoga class that focuses on gentle stretches, basic postures, and mindful breathing to promote relaxation and improve overall well-being. Ideal for beginners, seniors, or anyone seeking a calming practice, this class emphasizes ease of movement, joint health, and stress relief in a supportive and peaceful environment. Experience a gentle flow that nurtures both body and mind, helping you build strength, flexibility, and inner calm at your own pace.

Gentle Hatha Yoga

A deeply restorative practice that focuses on long-held, passive stretches to gently target the connective tissues, improve flexibility, and promote joint health. Yin Yoga encourages relaxation and mindfulness, allowing the body to release tension and the mind to find stillness. Perfect for all levels, this calming class provides a meditative space to unwind, reduce stress, and cultivate balance—both physically and mentally. Ideal for those looking to complement more active workouts or simply slow down and reconnect with themselves.

Yin Yoga

A gentle and accessible introduction to yoga that focuses on slow-paced, mindful movements and deep breathing. Hatha Yoga emphasizes foundational postures and alignment to improve flexibility, balance, and strength while promoting relaxation and mental clarity. Perfect for beginners or anyone looking to unwind and reconnect with their body in a supportive environment. Join us to build a solid yoga practice that nurtures both body and mind, helping you find calm and balance in your daily life.

HIRT

This class delivers full-body workouts designed to build strength and lean muscle using moderate to heavy resistance. You'll use a mix of equipment—plus your own body weight—for a challenging, low-impact session. No jumping or plyometrics involved. Ideal for those ready to progress from a traditional strength class.

Total Body Strength

A powerful, full-body workout designed to build muscle, increase endurance, and improve overall functional fitness. Using a combination of free weights, resistance tools, and bodyweight exercises, this class targets all major muscle groups to help you develop balanced strength and toned muscles. Suitable for all fitness levels, Total Body Strength challenges your body to grow stronger, enhance stability, and boost metabolism — leaving you feeling energized and empowered after every session.

LifeFit

Designed to support and elevate your healthy lifestyle, LifeFit classes are built on scientifically proven exercise principles that deliver real, lasting results. These thoughtfully crafted programs focus on improving body composition, increasing lean muscle mass, and enhancing overall physical function. Whether you're aiming to boost strength, agility, or everyday vitality, LifeFit provides a balanced and effective approach to help you feel stronger, healthier, and more energized in every aspect of life.

Strength & Balance

A focused workout designed to build muscular strength while enhancing stability and coordination. This class combines targeted resistance exercises with balance training to improve posture, prevent falls, and support everyday functional movement. Ideal for all ages and fitness levels, it helps increase muscle tone, joint stability, and body awareness in a safe, controlled environment. Whether you're looking to boost athletic performance or simply maintain independence and confidence in daily activities, this class empowers you to move stronger and steadier with every session.

Fusion

An exciting, versatile workout that seamlessly blends elements from multiple fitness styles—such as strength training, cardio, yoga, Pilates, and dance—into one dynamic session. Designed to keep your body guessing and maximize results, this class offers a balanced mix of endurance, flexibility, and muscle toning. Perfect for those who love variety and want a full-body challenge, Fusion classes boost overall fitness, improve coordination, and keep your workouts fresh and motivating. Get ready to sweat, stretch, and strengthen in a fun, energetic environment that adapts to all fitness levels!

Cardio Sculpt

This high-energy class blends heart-pounding cardio sequences with full-body resistance exercises, using a variety of equipment to challenge and sculpt every muscle group. Designed to elevate your endurance, build strength, and torch calories, each session delivers a powerful combination of movement that keeps your body engaged and your metabolism firing. Perfect for those looking to boost fitness, improve muscle tone, and experience a comprehensive workout that's as effective as it is motivating. Get ready to push your limits and feel energized from head to toe!

**Cardio Strength/
Circuit**

A dynamic, fast-paced workout that combines heart-pumping cardiovascular intervals with targeted strength training stations for a full-body challenge. Move seamlessly through circuits that blend endurance, power, and muscle toning using bodyweight exercises and various equipment. Designed to boost your stamina, increase lean muscle, and maximize calorie burn, this class keeps your heart rate up while sculpting and strengthening your entire body. Perfect for all fitness levels, it's a time-efficient way to build strength, improve cardiovascular health, and feel energized every session!

Core and Stretch

This 45-minute class offers a well-rounded, rejuvenating experience designed to build strength, stability, and flexibility. We begin with a gentle warm-up to awaken the body and prepare the joints for movement. The session then flows into a series of balance-enhancing exercises and functional movements aimed at strengthening the core and back—both in standing positions and on the mat. The final 15–20 minutes are dedicated to deep, full-body stretching to release tension, improve mobility, and leave you feeling refreshed and restored. Suitable for all levels, this class is ideal for anyone looking to support their posture, improve body awareness, and move with greater ease.

LIIT

Low Intensity Interval Training (LIIT) is the gentler, more mindful cousin of HIIT—offering all the benefits of interval training without the high impact. This class features a series of controlled, low-impact exercises performed in timed intervals, each followed by a slower-paced recovery period. LIIT is designed to boost cardiovascular health, improve muscular endurance, and support fat burning—all while being kind to your joints. Perfect for beginners, those returning to exercise, or anyone seeking a more sustainable approach to fitness, this class delivers results through consistency, control, and mindful movement.

Power Pilates

A dynamic and challenging Pilates workout that combines the core-focused precision of traditional Pilates with increased intensity and strength-building exercises. This class targets deep stabilizing muscles while incorporating powerful movements to enhance muscle tone, endurance, and overall body control. Perfect for those seeking to elevate their Pilates practice, Power Pilates delivers a full-body sculpting experience that improves posture, flexibility, and athletic performance — all while igniting your inner strength and energy.

Bootcamp/Circuit

An intense, fast-paced workout that combines strength training, cardiovascular drills, and functional movements in a circuit-style format. Designed to challenge all fitness levels, this class pushes your limits through varied stations using bodyweight exercises, equipment, and timed intervals to build endurance, power, and agility. Whether you're looking to torch calories, increase muscle tone, or boost overall fitness, Bootcamp/Circuit delivers a fun, motivating atmosphere that keeps you moving, sweating, and achieving your goals every session.

Total Body Fit

A comprehensive, strength-focused workout that targets every major muscle group using a mix of dumbbells, fitness accessories, and bodyweight exercises. This empowering class is designed to build muscle tone, improve endurance, and enhance overall functional fitness. Whether you're looking to sculpt, strengthen, or boost your metabolism, Total Body Fit offers a balanced and effective routine that challenges your body while promoting stability and mobility. Perfect for all fitness levels, it's your go-to session for a stronger, fitter you from head to toe!