

All Level Yoga	A Vinyasa/Hatha style blend of Yoga, this class is suited to all levels. The focus is on the basics, the importance of alignment, and explaining the integrity of each pose. The basics are used as stepping stones to a more difficult variation of each pose, incorporating deep hip opening and elongating of the spine, making this class suitable for beginners, and <i>very</i> challenging for those who regularly practice Yoga.
Bootie Camp Yoga	Combining traditional Yoga postures (power flow & balance), along with Pilates and isometric strength training using light weights, this class targets your bootay! Bootie Camp Yoga will help you to develop a strong yoga practice as well as a strong, healthy body and mind. You'll leave feeling physically invigorated and mentally clear! This class will provide you with a strong invigorating opportunity to see the results that your consistent effort can bring. All levels welcome!
Gentle Yoga	Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, coordination of breath with movement and attention to alignment. Gentle Yoga is designed to create breath awareness, enhance balance, and increase flexibility. This class is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations. Yoga class ends with deep relaxation and a guided visualization to help release tensions and reduce stress.
Kettlebell Fitness	The Sweat Kettlebell class consists of a full body warm-up, and progresses into teaching the foundation kettlebell lifts (swing, squat pull, clean, snatch, deadlift, press and the Turkish Get Up). Proficiency in these foundation lifts will ensure your success in losing body fat, increasing your strength, correcting strength imbalances and overall general fitness
Pedal & Pump	What do you get if you take 40-minutes of high-intensity strength training and then throw in a challenging 20-minute cardio burst on the Spin bikes? A fun, exciting, fast-paced workout that will target your entire body; covering your cardio and weights all in an hour.
Pilates Fusion	An intense, condensed class focused on core strength and stability with the added bonus of tone and definition. Mat format, but may include weights, tubing, and exercise balls. Beginners welcome!
Piloxing	Come try the latest Hollywood fitness craze! PILOXING uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape.
Pump	A sixty-minute high-intensity strength training class designed to increase your strength, flexibility, agility, balance, and endurance...plus tone and firm you all over! Incorporating free weights, balls, bands, steps, and your own bodyweight, this class is never the same twice, and will keep your body adapting!
R.I.P.P.E.D	Resistance. Intervals. Power. Plyometrics. Endurance. Diet. If you are ready to unleash the power within, transform your body, mind and life, get ready for R.I.P.P.E.D. - The One Stop Body Shock! Once you try it, you'll be hooked!
Spin	Instructors guide participants through workout phases from warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.
Sweat & Sculpt	This class is a powerful and heart pumping interval cardio/strength training program that works on multiple body areas including core, arms and legs designed to increase lean muscle and burn fat! Bands, weights and balls are utilized in this class.
Sweat Yoga	This Yoga class is sure to make you feel amazing! Heat during yoga allows the body to stretch the muscles further so you can get into the poses deeper. Be sure you're prepared with lots of water for what our instructor brings to our Yoga lovers! This workshop requires yoga mats.
Vinyasa Flow	Vinyasa Flow Yoga (pronounced vin-ya-sa): The word vinyasa means "breath-synchronized movement." This style focuses on linking the breath with movement and is often referred to as a moving meditation. The poses flow from one to another in conjunction with the breath. Vinyasa Flow cultivates strength, endurance, flexibility, balance, focus, and serenity. Suitable for beginners and advanced practitioners.
Power Flow & Balance Yoga	This class is a Vinyasa/Hatha style blend of Yoga, and is suited to all levels. The focus is on the basics and as you move through each pose, the importance of alignment, and the integrity of each pose is explained, with several variations offered to each pose, The basics are used as stepping stones to a more difficult variation of each pose or balance, incorporating deep hip opening & elongating of the spine. You will be walked through being mindful of what your body is accomplishing, while stressing the importance of awareness of one's own physical limitations. This makes the class suitable for beginners, and VERY challenging for those who regularly practice Yoga. This class is for ALL levels.
Zumba	Zumba (pronounced "zoom-ba") is a dance fitness workout that anyone can do. You will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!