

Pilates Reformer

A small group class, indoors, on the Allegro Reformers. Great for individuals seeking to achieve core stability and postural alignment. 24 hr cancellation notice is required, or will be charged full price.

Alignment Based Yoga

Precise alignment of muscles, bones and joints is the main focus. Spending many minutes in one pose and use props to align properly.

Alignment Based Hatha Yoga

Virtually. Suitable for beginners and experienced yoga students, focused on proper alignment and instruction of various yoga poses. Using the breath and attention to precise body positioning, students are able to gain strength and confidence to move more easily and freely into a wide range of poses.

TRX

Small group class, focused on balance challenges, suspension strength and deep core work. Be sure to bring a mat for floor work. Class is limited to 6.

Aqua Fit

Join us in the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.*Plan to bring your own towel and water bottle.

Barre Yoga

In this class the use of barre and other props will help you understand the pose and allow your body to slowly increase flexibility, improve overall functioning of the body, strength, and stability.

Cardio Barre

High energy, low impact class combines ballet, kickboxing, Pilates, and yoga and is non-stop fast paced movement. Class is taught in bare feet and different props such as gliders and light weights are used each week.

Cardio Sculpt

Combine Body Sculpt with cardio intervals for a total body workout!

Cardio Strength

Join Luciana, and utilize weights for a strength building workout! Some cardio may be incorporated to give you that full body workout.

Chair Yoga

A gentle form of yoga that is practiced sitting on a chair. Suitable for seniors or those with limited mobility.

Core & More!

Join Else and engage the core, incorporating Pilates, and wind down with stretching!

Flow & Align Yoga

Simpler, slow-moving flow designed to create expansion in your body, release tension, and encourage the exploration of movement throughout your whole system. Bring together breathwork, focus, flexibility and mobility to create a balance between a calm mind and a mobile body.

Flow & Hold Yoga

Start with a dynamic flow to warm the body before furthering your practice, using breath & deep muscles to refine your asana. Discover ease, stillness, and a meditative state.

FIT

Light on the joints and easy to follow, this low impact dance aerobics and strength class uses light weights, functional movements, and gets your heart pumping and muscles working!

Gentle Vinyasa Yoga

A slow meditative joyful practice of movement to build flexibility, balance, strength and alignment with the synchronization of breath. Props and modifications available for any person with reduced mobility or limitations. All levels welcome.

Gentle Restorative Yoga

This class combines yoga postures that move at a gentle pace as well as breath work, meditation and restorative poses to help quiet the mind and calm the body.

Guts & Glutes

Work your buttocks, legs and entire lower body while you tighten your core and sculpt your abs.

Hardcore HIIT

High Intensity Interval Training class is a full body cardio workout that incorporates strength and stability. All levels welcome!

Hatha Yoga

Experience the harmonious integration of body, breath and mind this holistic and rejuvenating practice. Suitable for all fitness levels, as it emphasizes proper body alignment and more sustained stretches.

Healthy Hearts

This class is tailored for active adults focusing on gently building cardiovascular endurance, daily life strength, and body balance.

HIIT

High intensity interval training is a form of exercise with short periods of intense exercise and with less intense recovery periods.

Lower hip and back

Focuses on the connection point between the upper and lower body. Psoas release is a way to let go of this tension we have built up over time and a way to connect deeper within ourselves. The deep stretching and neurogenic tremoring that is experienced in this class is an optimal way to get back to a neutral happy place.

Pilates & Posture

All levels welcome. Enhance your mat class with an assortment of accessories to work your core and postural fitness.

Pilates Fundamentals

This introductory mat class will focus on the basic Pilates principles.

Pilates Mat

Fundamentals of Pilates technique (without apparatus/equipment). Focus on alignment, opposition, balance and functional fluid movement from the core's foundation - the powerhouse.

Pilates with Props

A dynamic and engaging workout that will target your core and challenge your whole body. Using small props to build strength, flexibility, and balance while improving posture and alignment.

PureCore

Tough core workout featuring challenging, exercises to strengthen not just the abs but all the muscles of the torso. Explore the world of planks, hovers, balance, and integrated exercises. *All levels welcome.

Qigong

Qigong movements and flows with a focus on proper posture, mechanics and alignment. Designed to increase strength and flexibility, while relaxing the mind for physical and emotional well-being.

Sculpt

Weights are used along with other strength equipment to challenge your body and to help build all major muscle groups and increase your endurance.

Spin

Indoor cycling to great music! Get the rush of outdoor cycling with hills, flats, and jumps in fun and creative intervals.

Spin & Strength

This class will start off on the bike, getting that heart rate up and finish off on a mat with some core work and stretching.

Spin & Strength (30/30)

This class will start off with 30 minutes of Spin to get that heart rate up, and conclude with 30 minutes of strength based exercises, utilizing hand weights, to give you a total body workout.

Strong Nation

Music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

U-Jam

U-Jam Fitness is an addictive dance fitness format that will make you move, sweat, and smile.

Vigorous Vinyasa

Incorporating sun salutations/flows based on standing and balancing poses before introducing apex poses into the flow. A strong focus on utilizing the breath to establish ease and steadiness in the practice.

Yoga for Balance and Posture

Tone and stretch your body with standing yoga poses and challenge your posture with balancing poses. Utilize a chair or wall for stretches and balance work.

Yoga is Therapy

Is a community for healing through yoga. Linda provides a safe place for students to explore their own practice.

Zumba

Every Zumba class is a fun event. The mix of Latin, top 40 and Hip Hop music keeps you energized!