

Current Classes

UPLIFT (*NEW)

Dance to dynamic music from decades past while targeting all major muscle groups. No experience required.

SAIL (*NEW)

This workout is designed to help reduce the risk of falling by improving balance, mobility and strength. Exercises can be done sitting or standing and are intended for all fitness levels.

Cross Training Strength

A total body strength training using a variety of equipment.

Cross Training Cardio

This class includes alternating cardio routines. Classes vary each time and can be done at your own pace.

Oula

OULA-Power! is a 45 minute conditioning class. It includes moves from HIIT formats, Pilates, yoga and dance. The music is carefully selected to inspire you.

Just Dance

Easy to follow and fun dance moves! This class will leave you feeling energized.

Yoga

An ancient practice that involves physical poses, concentration and deep breathing. A regular yoga practice can promote strength, calmness, flexibility and wellbeing.

Chair Yoga

A gentle form of yoga that can be done sitting on chair or standing on the ground while using the chair for support.

Stability Yoga Ball

While sitting on a large ball, you will learn to perform poses that will improve strength, flexibility and stability. The primary benefit of exercising with a yoga ball is that the body responds to the instability of the ball to remain balanced, engaging many muscles, but focusing on the abdominal and back muscles.

Abs

Concentrates on strengthening core muscles including your abdominal, back & pelvis muscles.

Easy Does It

This class includes cardio, stretching and strength training at a steady pace that is easy to follow. This class is intended for all ages and can be tailored for your needs.

Pilates

A form of exercise that focuses on strength, flexibility, and overall body awareness. It improves core strength, posture and muscle balance through controlled and precise movements.