

Group Fitness (Ages 14 and up)

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Senior Conditioning- Have fun and move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are all provided for resistance.

Sports Conditioning- the class designed for a busy lifestyle at all levels of fitness. This is an all in one work out guaranteed to make you increase strength, and endurance. Sweat your way to a leaner, stronger body with a combination of intense cardio drills with intervals of resistance training.

Hard Core Abs- 30 minute workout designed to strengthen your abdominals, back, and core through various levels of concentrated exercises.

Youth Programs (Ages 6-13)- Sign Up Required

Youth Soccer-Your child can enjoy being involved in an organized session where they can learn to develop soccer skill while having fun and interacting with other children.

Youth Kickball-Your child can enjoy this organized session with other children with the goal of increasing social interaction while playing this simple activity to encourage exercise and healthy fitness.

Y-FIT- A fitness program designed to help those children who are looking to achieve a more active lifestyle in an attempt to control and promote healthy growth. The program is conducted and organized by certified fitness instructors and will be an 8-week program giving your child an opportunity to succeed in his or her goals.

Martial Arts-Inspired by the arts of boxing, taekwondo, and karate, this program gives your child the discipline to punch, kick, and strike their way to a good time and healthy lifestyle.