

BELLY DANCE	Belly dance is a fun, beautiful way to work out. This ancient dance form builds whole-body strength and endurance with an emphasis on rhythm, flow, and expression - 1 Hour
FULL BODY FITNESS	Intermediate/advanced level, higher intensity strength and endurance workout using body weight, free weights, balls, and bands - 50 minutes
CORE BODY STRENGTH	Gentle effective exercises improve functional fitness & reduce pain through proper mobilization & stabilization of the core. For all levels - 50 minutes
TOTAL BODY STRENGTH	A dynamic strength-building class that targets your entire body in every session. We combine compound movements and core-focused work to develop muscle, improve posture, and enhance everyday performance. Using kettlebells, dumbbells, plates, and mat-based exercises, you'll build strength from head to toe in a supportive, motivating environment.
MINDFULNESS & MEDITATION	To promote mindfulness and relaxation, this class will provide a guided meditation w/discussion and reflection. To assist with relaxation, may bring a light blocking mask and a blanket or mat for sitting or lying down. Class time varies according to the attendees needs. - 30-60 minutes
GENTLE YOGA	This class helps you build strength, improve mobility, and move with better alignment. You'll learn how to create safe, stable poses and transition between them with ease. We focus on posture, balance, and functional movement while using breath and intention to guide the practice. Light breath-work or meditation may be included. All levels welcome — 1 hour.
KICK MIX	Combination of cardio kickboxing sequences & weight training using free weights, balls, and bands. Class will feature a special core training circuit - 45 minutes
SPLASH AEROBICS	The ultimate in a low impact/high benefit water workout for all ages and abilities - 1 Hour
SLOW FLOW YOGA	Establish a deeper connection within your body, breath, and mind in this slow yet steady class. We'll weave the practice of movement and mindfulness together to create a wholesome experience that leaves you feeling balanced, physically and energetically - 1 Hour
QIGONG	Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. -60 min
QIGONG & INTERMEDIATE QIGONG	Thai Chi foundational practice that massages meridians & pressure points through specific poses and movements. This is a gentle moving meditation & practice for all, especially those living with chronic health problems, or returning to exercise after a break. Great for beginners and regulars who want the full warm up to the *NEW Intermediate Qigong! - 75 minutes. Intermediate Qigong - for those who have experience with the basic level workout. A self healing, class exploring ancient moving meditation systems (similar to Tai Chi) that maximizes wellness through our connection to the vital life force energy and our highest potential. Please arrive at 10:15 to warm up before class begins. - 30 minutes
SATURDAY SOUL REVIVAL	Combines ancient wisdom with modern science to relax the body, calm the mind, and engage the spirit. All Levels - 1 Hour
BRICK BODIES	Brick Bodies: a high-intensity sweat-fest inspired by Beachbody Insanity! Maximum calorie burn in minimal time, targeting all aspects of fitness with power, endurance, bone density, strength, mobility, agility and balance. Includes high-impact and low-impact options. Intermediate/advanced. - 40 minutes
FULL BODY CIRCUIT	A high-intensity, multi-discipline workout combining resistance training, plyometrics, cardio, body weight exercises, yoga, and dynamic stretching. Fitbits and smart watches encouraged to track heart rate. This fast-paced class is a FAT BURNER!! -50 minutes
RESISTANCE TRAINING	A combination of exercises that strengthens and builds endurance in your muscles by making them work against an external force. Barbells, dumbbells, kettlebells, weighted balls, bands, and your body weight will be used in a strategic combination to achieve these goals. All fitness levels welcomed. -50 minutes
TABATA FULL BODY	Full body workout incorporating resistance, plyometrics, and body weight exercises in 4 minute intervals of training with 20 seconds of exercise with 10 seconds of rest... 8 rounds of 20x10 with breaks in between each set... The class will increase your aerobic and anaerobic strength by increasing your VO2 max, while burning fat at an accelerated rate. All fitness levels welcome -50 minutes
CARDIO DRUMMING	Come on out and have a party with us! Fun dance music and some full body moves while learning some of the basics of drumming similar to Taiko! A very energizing class- a great way to kick off the week! This can be done sitting or standing. Late comers welcome- come on over after work! -45 minutes