

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
FUNCTIONAL FITNESS	Strength & Cardio interval class for all levels combining full body strength using dumbbells, fit balls, medicine balls, BOSU & bands and kicking up cardio with an interval circuit. Weather permitting, We often enjoy our short cardio intervals outside - 1 Hour
GENTLE YOGA W/ JULIA	You will stretch the body & mobilize your joints from a foundation of strength and stability. To better our posture, alignment, improve balance, and practice functional movements that will be of benefit both on and off the mat. Breath-work and simple meditations can also be expected in this class. All levels welcome - 1 Hour
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 W/ WENDY	You will focus on building shapes from the ground up and the core out. Students will explore how to safely transition through different asana postures. Discover what works best for your individual body while combining breath and intention with fluidity and grace. All students 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
VINYASA YOGA	This class consists of movements & postures that help with postural stability, mobility, and adaptability. We'll move through smooth transitions in synch w/breath - 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
SPLASH AEROBICS	The ultimate in a low impact/high benefit water workout for all ages and abilities - 1 Hour
QI GONG	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. New participants: Arrive 15mins before - 75 minutes.
TABATA	A high intensity interval training workout alternating bursts of activity & short rest to create a total body workout. All levels welcome! 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
SATURDAY SOUL REVIVAL	Combines ancient wisdom with modern science to relax the body, calm the mind, and engage the spirit. All Levels - 1 Hour
BODY UP BODY DOWN BODY CORE	Tabata segments, station rotations, and compound movements to keep things exciting. Each day devoted specifically to upper body, lower body, and core. Whether you're a seasoned athlete or, a newbie, there's something for everyone. 55 minutes
PROGRESSIVE OVERLOAD FULL BODY	Hypertrophy-focused muscle-building class designed to maximize muscle growth. In each round, you'll perform 3 sets of exercises 8-12 reps per set with a 60-90 sec rest. The key to this class is progressive overload, meaning you'll increase the weight load with each set. 55 minutes