

Low Impact:

Arthritis exercise/Chair Yoga: A gentle form of strength/yoga that is practiced sitting on a **chair**, or standing using a **chair** for support.

Ballet Barre Toning/Yo-lates: Incorporating a ballet barre these core/strength/toning classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.

Barre Fusion/Core Pilates Plus Fusion of Pilates/Yoga/ Core Strength Tone, and Transform with CoreBody Pilates Plus workouts. Our Studio offers Lagree Method - A Pilates inspired workout coupled with high energy cardio & strength training. The PLUS in the name signifies we offer more than just Pilates.

Healthy Heart/Wellness Program: A specialized program that meets M, W and F quarterly for those with cardiac care concerns. Blood pressures are monitored and recorded for each client and class is run under the care/direction of a certified Personal Trainer. *\$100 fee for members for the 3 month session*

Low-impact Aerobics : Basic cardio/strength class that is not hard on the body, especially the joints, and can be a great way to get in a heart-pumping workout while reducing the risk of injury.

Meditation: The ultimate relaxation to aid mental and/or spiritual development, contemplation and relaxation.

Nia Fusion: Mind, Body and spirit aerobics that integrates music and movement. Class is done barefoot.

Pilates: a system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Classes can help create a leaner, stronger look.

Tai Chi: is an ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yoga: spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Chair Yoga A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Easy Flow Yoga: Midday class, gentle flow yoga to increase flexibility and stamina

Yoga Flow with Props: Flow Yoga with equipment as props to help you achieve deep stretches and balance to improve your overall positions and posture.

Power Yoga/Yogalates: a vigorous, fitness-based approach to vinyasa-style yoga. Yogalates is a routine that combines Pilates exercises with the postures and breathing techniques of yoga.

Rising Sun Yoga: For early risers, gentle, slow pace to increase body awareness, flexibility and meditation.

Stress Management Yoga: Gentle slow paced yoga to end your day. Using various de-stressing techniques, it brings awareness to body and breath and soothes the mind You will leave the room totally relaxed and peaceful.

Vinyasa Yoga: Yoga with a series of poses that will move you through the power of inhaling and exhaling.

Middle Impact/High Impact

Cardio Weight Training/Sweat & Strength Total body workout. This workout uses a combination of weights, steps, bands and more giving you both muscle tone and cardio endurance.

Cross Training a combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels.

Piloga combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, middle-impact workout that leaves your body looking long, lean, and incredibly defined.

Pop Pilates Fusion Pilates for a total body defining workout. Equipment-free workout that sculpts a rock solid core and a lean dancer's body

PowerBall/Core& Strength Conditioning Calorie blasting, body sculpting class you'll have a ball- literally, as you perform a fusion of cardio strength training and core conditioning with a stability ball to develop the core strength and stability.

Pure Strength/Strength & Core Your muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging and will strengthen you from head to toe!

Spinning Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music.

TRX Suspension Training \$75 fee for session Group Training: Stretch, strengthen and flow with the TRX® suspension trainer. Ground yourself and move fluidly from one exercise to the next to improve your mobility, power and flexibility.

Zumba Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.

High Impact

Body Works Combination class for a stronger, more flexible body using classic sculpting, cardio and stretching techniques.

Cardio Boot camp Get in line with this high intensity bootcamp class that will have you saying “Yes Sir!/Yes Ma’am!” to a vigorous and powerful workout Camos optional!.

Cardio KickToning/Fusion Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as you challenge your muscles and mind

Cardio Circuit Training \$50 fee for session Group Training: cardio work fest designed to burn the fat and torch the calories! This workout is split cardio/ strength stations that increase in intensity every few minutes for killer time efficient results.

Insanity Work out in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work! It’s maximum interval training that keeps your body working at maximum capacity through your entire workout.

Step & Strength/Sweat & Sculpt Burn fat and tone your body with this blend of cardio & strength training using a variety of equipment like steps, resistance bands, medicine balls, dumbbells and so much more.

Tabata/HIIT Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with brief recovery periods to provide a total body workout with maximum results.

Xtreme Bootcamp Hardcore in this total body workout! Using dedicated work efforts designed to deliver high intensity cardio, challenging strength segments and a killer core workout, Hardcore 360-3X delivers a serious heart calorie burning workout designed push your workout to the max!