Monday:
8:30am Yoga - Emily
A slower paced yoga class with an emphasis on seated postures, breath and mindfulness to develop stability, mobility, and flexibility. Suitable for all levels

10:00am Pound/PiYo - Veronica
We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check! Super fun? Check!

5:30pm Cycle - Michelle
Instructors will lead you through a high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories just melting away!

Wednesday:
8:30am Yoga - Emily
A slower paced yoga class with an emphasis on seated postures, breath and mindfulness to develop stability, mobility, and flexibility. Suitable for all levels

10:00am Pound/PiYo - Veronica
We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check! Super fun? Check!

11:00am Aqua Zumba - Veronica
Combining the Zumba philosophy with vigorous aqua exercises this is one pool party you don’t want to miss! The water’s resistance cushions your feet, knees and back as you dance the class away. Classes are held in shallow water (chest deep) for a great low impact but challenging workout.

5:30pm Total Body Workout - Michelle
Cardiovascular intervals, layered in with muscular strength and endurance exercises utilizing all of the major muscle groups. Each class will offer a variety of exercise modifications to suit all levels.

Thursday:
5:30pm Cycle - Michelle
Instructor will lead you through a high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories just melting away!

Saturday:
9:00am Cycle - Michelle
Instructor will lead you through a high intensity class driven by music that will keep your heart rate up, your legs and lungs burning and calories just melting away!