30 Minute Mash-Up	30 Minutes to get a workout in? Not sure how to fit Strength Training, Cardio Training, Warm-up, & Cool down all into 1 session? This class will do all that & more! You'll use kettlebells, dumbbells, barbells, bodyweights, & the TRX to name a few.
AB & Lower Body Express	15 minutes of core exercises using a variety of equipment. Participants will utilize props such as stability balls, BOSU balls, body bars, weights, bands, and much more. This class will be appropriate for all fitness levels.
Boot Camp	An intense boot camp style class incorporating high and low movements, plyometrics, and elements from the Navy Seal training program perfect for intermediate to advanced fitness levels. Prepare to sweat and push yourself to the next level!
Butts & Guts	This strength training class focuses on the legs, hips and core using body weight, kettlebells, dumbbells, bands, and TRX. Each exercise will use the core while getting a full body workout. For all fitness levels.
Circuit Cycle	Circuit Cycle is a class for all abilities. The emphasis is to wake the body up with the combination of some easier short, moderately intense intervals with rest and relief periods and the power of strength training. Along with the bikes, participants may use hand weights, body bars, stability balls, resistance bands, medicine balls, and BOSUs as part of the resistance work.
Fit to Box	This class will focus on preparing the individual from a cardiovascular and strength perspective while mixing in various boxing-like drills with core exercises to train the whole body as a system. A higher intensity session that can be modified for most any fitness level.
Functional Fitness	We'll move your body through a series of seated & standing yoga poses & toning. Chair support is offered to safely perform toning & stretching to increase flexibility, balance, strength & range of movement.
Full Body Workout	An easy to follow, full body workout implementing strength exercises to burn fat & tone. In this class we will use stability balls, medicine balls, free weights, & tubing. Suitable for a variety of fitness levels.
High Intensity Interval Training	High intensity interval training (HIIT) is a type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. This challenging 30 minute high intensity class is cardio-based with athletic performance drills.
Floor, Core, & More	Floor, Core and More! addresses core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination, and more. This strength and flexibility class challenges every major muscle using stability balls, resistance bands, and weights for an effective workout that will strengthen and tone.
Indoor Cycling	A challenging cycling class that will test your cardiovascular and muscular endurance. Limit of 10 people per class. No prior sign up & no holding bikes on reserve for friends.
Self Defense	An eclectic martial arts class, learning skills from **B**oxing/Kickboxing, **A**iki Jutsu, **D**aito Sword, **A**rnis, **S**ilat **S**elf-defense and more.
Martial Arts	Uses martial arts movement that will give you the benefits of Tai Chi and Yoga. Martial arts movements and exercises will be use to improve your cardio, strength, flexibility, agility, coordination, balance, core development, mobility and stability
MMA Mania	This training allows you to train like a fighter without all of the bumps & bruises! Get the most out of your time at the gym w/ balance & coordination, plyometric, cardiovascular endurance, & resistance training all rolled up into one half hour session.
Strength/ Tone/Stretch	Designed to strengthen and tone muscles, boost balance, and flexibility. We use dumbbells, resistance bands, foam rollers, BOSU, and other equipment. Exercise can and will be modified to accommodate all fitness levels.
Strength and Tone	Strength and Tone will combine upper & lower body muscles in a circuit format where you'll burn fat, increase strength & stability & get a cardio hit at the same time. This class is for anyone who spends their days in an office (all levels).
Tai Chi	Tai Chi is a martial art that emphasizes the use of the mind to coordinate leverage of the relaxed body as opposed to the use of strength. It is practiced as a form of physical exercise that trains the mind, & aligns it with the body, promoting stress reduction.
Tough Times	A intermediate-advanced full-body workout to help improve your overall fitness. You'll be using a variety of equipment & your own bodyweight to help improve your work capacity for any endeavor from obstacle course races to everyday life.
Triple Threat	Cardio, strength, and core in 10 minute segments designed to help you get the most out of your workout in the least amount of time.