

CARDIO & DANCE

BOLLYX – Bollywood-inspired dance fitness program that blends energetic choreography with cardio workouts for a fun, full-body experience. It's a High-energy cardio to burn calories and boost heart health, inclusive for all levels, from beginners to advanced dancers.

DANCE FUSION: A high energy class blending Zumba and Bolly-X inspired moves for a fun, easy to follow cardio workout set to upbeat global rhythms. Dance, sweat and enjoy a full body workout

DANCEWORX: A dynamic and energetic dance class that combines elements of jazz, hip hop, Latin and freestyle dance

FUNKY GROOVE: All different kinds of dance, free spirit, let yourself go - Freestyle!

ZUMBA: This fun and energetic Zumba class combines easy-to-follow moves with a great mix of music—from Latin rhythms and pop hits to throwbacks and familiar favorites. No dance experience needed just loads of energy for this full body workout.

MIND & BODY

BALANCE & FLEXIBILITY - Enhance stability, mobility, and confidence through gentle strength and stretching exercises designed to improve balance, flexibility, and ease of movement. Suitable for all levels.

FLUID FASCIA STRETCH - A comprehensive practice combining energizing movement from one pose to the next, incorporating breathwork and challenging balance sequences.

FOUNDATION YOGA - A beginner-friendly class that concentrates on proper alignment, breath awareness, intention, mindfulness, strength, and flexibility while cultivating the mind-body connection. Perfect for those new to yoga or anyone looking to strengthen their practice.

KRIPALU VINYASA - is a welcoming and dynamic yoga class perfect for all levels. It's a refreshing mix of foundational instruction, mindful movement, and opportunities to engage in active sequences.

PILATES MAT - Strengthen and tone the 'powerhouse' abs, thighs and glutes through low-impact exercises designed to increase spinal mobility using body weight and props such as a ball and magic circle. Focus on breath work, postural alignment and functional movement.

POWER VINYASA - An energizing, athletic yoga class that links breath with powerful flowing movements to build heat and strength.

STRETCH & FLOW - A guided practice that combines a sequence of stretching and yoga postures to improve flexibility, balance and strength, while reducing tension and calming the mind.

YIN AND YOGA NIDRA - is a slow, meditative practice designed to target the body's connective tissues, ligaments, fascia and joints by holding poses for 3-5 minutes longer. This is about stillness, surrender

VINYASA YOGA – Exercise for your mind, body and soul. Experience a flowing style linking flowing movement with breath. and intentional breathing. Nidra, the practice of guided meditation, helps to deepen relaxation and reduce anxiety while lying down on your back.

QI GONG - Qi Gong is a gentle practice that combines slow, flowing movements, breathing, and focused awareness. It helps you connect movement with your breath while encouraging relaxation and a sense of calm. Come move, breathe and reset.



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STRENGTH

- BARRE STRONG** - blend of ballet, Pilates, fitness, and strength training into a barre format designed for functional movement and powerful results.
- BARRE FUSION** - Mindfully intense, athletic style workouts that develop strength, endurance and balance with dynamic movement and/or simple flows, creating mobility along with restorative techniques to release fascial tension
- DYNAMIC CORE** - functional training that helps you build strength, stability and endurance in the muscles that support your core.
- LOW IMPACT INTERVAL TRAINING (LIIT)** – Build endurance and strength through low impact cardio intervals to increase the heart rate and bodyweight training exercises to tone and build lean muscles. This class is designed to focus on creating a solid foundation for movement and a more gentler alternative to high impact cardio
- MOVE & SCULPT** - Full Body. This dynamic functional workout incorporates cardio moves and weights to engage your whole body and build muscle.
- STRENGTH & CORE** - Build total-body strength and core stability using a variety of equipment, including dumbbells, resistance bands, and more. Improve balance, coordination, and functional strength with exercises designed for all fitness levels. Expect a dynamic, energizing workout that challenges your muscles and strengthens your core
- STRENGTH INTERVAL** - Build total-body strength using a variety of equipment and dynamic exercises. Boost your heart rate with energizing strength intervals. Improve stamina, endurance, and overall fitness in this fun, challenging class.
- STRENGTH & SCULPT** - Keep your workout fresh with a fun, energetic mix of strength and functional exercises using dumbbells, resistance bands, balls, and other equipment. Challenge your entire body, strengthen your core, and improve muscular endurance with plenty of variety from class to class.
- TOTAL BODY STRENGTH** - Build strength from head to toe in this challenging total-body workout using barbells and dumbbells. Work all major muscle groups with focused strength exercises designed to improve strength, muscular endurance, and core stability. Come ready to work and have fun!



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