ATHLETIC CONDITIONING  Int./Advanced
A strength/conditioning class that brings the gym into the studio by using a variety of equipment to keep you challenged.

CARDIO BARRE FUSION
This class incorporates techniques of strength, cardio, balance and core using the barre through rhythmic moves and isometric training.

CARDIO STRENGTH
This class will raise your heart rate for the first portion of the class while toning and strengthening your muscles during the second part. A great combination for an efficient work out.

CROSS TRAIN CHALLENGE  Int./Advanced
The perfect combination of cardio and strength incorporating athletic principals and functional strength. Core work included.

CIT
A cardiovascular & resistance work out utilizing the CIT apparatus. All fitness levels welcome!

HIIT
High Intensity Interval Training
Using weights and cardio, this class combines quick bursts of exercise followed by short, active recovery time.

KNOCKOUT!
Using gloves and heavy bags you will learn combinations of punches and kicks that will improve endurance and build strength. (The purchase of your own wraps from InStyle Boutique is strongly recommended.)

POWER INTERVALS
Using intense cardio and strength segments, this class focuses on using major muscle groups, compound movements and high intensity intervals.

LOW IMPACT/ CORE
High intensity no impact workout to elevate your heart movements and high intensity intervals.

POUND
Your core, flexibility and strength will be challenged in this rocking, drumming based class. Have a blast and get fit!

TBW Total Body Workout
A moderately intense total body workout that combines cardio moves and resistance training to target all areas.

ZUMBA TONING
A Zumba class that incorporates Zumba toning sticks for added strength.

BARRE FUSION
Barre Fusion blends the philosophy and techniques of ballet, barre work, Pilates, isometric training and yoga. Results are longer, leaner muscles.

ABSolution
Concentrated ab-centric floor work paired with deep stretching.

BLT
Focus on strengthening your lower half using various pieces of equipment.

BODY SCULPT
Tone the total body using a variety of equipment for resistance and functional training.

BSS
A workout focusing on stretching and balance while improving strength—a multi level class.

CORE STRENGTH
A combination of strength moves while incorporating the core.

F.A.S.T. Functional Athletic Strength Training
Improve functional fitness, mobility and stability while increasing muscle strength and endurance. Attention will also be placed on core strength and flexibility.

FINAL CUT
This weight training class will develop muscular strength and endurance using a variety of resistance equipment.

CORE CONNECTION
This class engages the core with exercise that increase balance, stability and strength from the body’s floor. Various exercise equipment will be used.

FLEX FUSION
This efficient total body workout combines yoga inspired poses and Pilates-based exercises to build strength, flexibility, muscular balance and core strength.

GENTLE YOGA
A low-paced class focusing on easy stretching, breathing and relaxation adaptable to any health condition.

MAT PILATES
The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture and increase flexibility.

YOGALATTES
Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.

SPORT YOGA
Athletic style yoga combining a rigorous flow based practice incorporating balance, strength and stretching.

YIN YOGA
A restorative class to increase flexibility. Yin Yoga is beneficial to the connective tissue around the joints and the fascia that surrounds

YOGA LEVEL 1-2
A mixed level class featuring basic and advanced postures: standing & sitting, balance, spine alignment & core strength. Breathing and moving through poses at your own level.

AQUA FIT
This class offers a gentle workout in the warm water pool. Challenge your flexibility, range of motion, strength and overall fitness.

AQUA ZUMBA
Perform all of your favorite Zumba exercise in the water.

AQUA YOGA
Increase flexibility, strength and tone muscles while improving balance and supporting the mind/body connection.

CARDIO WATER
This water class format focuses on Aerobic Conditioning training and resistance.

WATER CIRCUIT TRAINING
A station formatted class utilizing equipment in a variety of circuits to challenge you aerobically while building strength.

DEEP WATER RUNNING
A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.

HYDROFIT CHALLENGE
This class focuses on strength utilizing various pieces of equipment while accommodating all levels of fitness.

WARM WATER PILATES
Designed for those with join pain, fibromyalgia, arthritis and low back pain. Force will be reduced to joints with an increase in circulation and decrease in inflammation will be experienced.

WARM WATER PILATES
All fitness levels will benefit from the core stability training in the warm water pool. The class promotes enhanced breathing techniques and muscular balance.

WATER CONDITIONING
A total body training class utilizing water resistance. This class combines aerobic condition, muscular strength, endurance and core stability.

WATER WORKS
Water fitness training with cardiovascular and muscular strength endurance components.

CYCLE
Cycling classes are designed to simulate a variety of different road terrains from steady, flat stretches to hills. Instructors will help get set up on the bike properly.

CYCLE BOOT CAMP
Class incorporates strength work both on and off the bike.

SIT & BE FIT
Increase and improve flexibility, range of motion, strength and overall fitness while seated in a chair.

CHAIR YOGA
Traditional yoga poses done in a chair to build flexibility, mobility and balance.