

CLASS DESCRIPTIONS

Core | Beginner

Builds abdominal and low back strength to support stability, posture, and everyday movement.

Flow/Gentle Yoga | Beginner

A smooth, breath-connected flow that improves flexibility, balance, and overall awareness. A slow, accessible practice focused on relaxation, light movement, and deep stretching.

Power Yoga | Intermediate

A dynamic, strength-focused yoga class designed to build heat, endurance, and full-body power.

Pump it Up! | Beginner to Intermediate

An upbeat strength class using higher repetitions to build endurance and muscular tone.

Barre | Beginner to Intermediate

Low-impact, high-repetition movements that enhance strength, balance, and muscle tone.

Pilates | Beginner to Intermediate

A controlled, core-focused workout that improves alignment, strength, and body awareness.

Aqua Blast | Beginner to Intermediate

A low-impact water workout that builds strength and cardio fitness while being gentle on the joints.

Mobility & Stretch | Beginner

Improves joint mobility and flexibility to support ease of movement, balance and injury prevention.