

Get in shape with CORE Fit Group Classes

40-Minute Fit

We will focus on muscles that shape your abdomen, lower back, hips, gluts, legs, upper body, shoulders & arms in this fun, 40-minute fast paced work out!

Better Class, Bar None

This strengthening class is both challenging and satisfying! There's no better way to start the week. Body bars and tubes will be provided! All fitness levels welcome!

BODYBALANCE™

Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time out" from the stress and strains of daily life - a 55 minute group exercise-to-music class that enhances your physical and mental well-being.

BODYPUMP™

The fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each 45-minute or one-hour workout. You'll use a step platform, a bar and a set of weights.

BODYCOMBAT™ A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu

Bootcamp

An interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body!

Butts, Guts & Bits

Core focused workout to strengthen your abdominals, back, glutes, a little bit of arms with low intensity bursts of cardio. ALL fitness levels welcome!

Cardio Resistance Training (CRT)

Total body strength class that works all muscles. Using a variety of equipment from dumbbells to resistance bands with bursts of cardio. New and different exercises challenge your muscles to build strength while burning calories.

CORE Cycle

A group indoor cycling workout where you control the intensity! Ride, climb, and sprint to great music in a motivating setting. Available in 45 minute and 60 minute formats.

CORE Cycle Shift and Lift

Build strength and endurance as you challenge yourself in the CORE Cycle Studio. This fusion class combines indoor cycling with intervals of strength training!

Hatha Yoga

Hatha yoga focuses on breathing, poses and stretches. These positions will feel natural, comfortable and will flow fluidly into one another at a relaxed pace. Resistance can be added or lessened simply by shifting your body's center of gravity. The practice will begin with practicing pranayama, deep breathing through the nose. Leading up to a series of poses and stretches then ending with three to five minutes of guided meditation. The atmosphere is mellow and inviting. Suitable for all levels. Please bring a sticky yoga mat.

Mash Up

Challenge yourself each week with a new workout! Each class will feature a different workout and no class will ever be the same. Have fun, learn new exercises, and burn calories. All levels welcome.

Pilates

Mat Pilates builds strength and flexibility, particularly of the abdomen and back muscles using your own body weight. Other benefits are improved posture, balance, leaner muscles and CORE strength. With proper breathing you will de-stress and increase weight loss. This class is for beginner-advanced.

Strength Embrace

Is a challenging core and body strength workout for all levels. Hand weights and body resistance exercises will be incorporated into this 45-minute workout class.

Strength Infusion

Get Strong! A strength focused Bootcamp incorporating barbells infused with bursts of step cardio designed to increase strength and muscular endurance. Challenge yourself in an inviting, motivating, and inspiring group environment.

Stretch and Mobility

In this 45-minute class targets major muscle groups through dynamic and static stretching. Lengthen and strengthen muscles and release tension while promoting joint mobility, stability, and active recovery.

Sunrise Yoga

Start your day with a revitalizing routine of yoga, gentle stretching, and dynamic exercises-occasionally using light weights and repetitive sequences that awaken the body and calm the mind. Yoga movements help you feel centered, focused, and ready to take on the day. Feel the tension melt away as you flow through calming yoga poses, gradually building strength and flexibility with each movement, helping you to tone muscles and increase endurance. Energize your body and mind with this invigorating morning practice.

TABATA

Blast fat and strengthen your entire body in only 30 minutes with this intense workout! Tabata features 20-second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times without pause. With full intensity of execution, you'll be guaranteed results!

VIIT

Variable Intensity Interval Training is a mash up of strength, cardio and mind-body including Yoga and Pilates moves. Will work through five strength moves, five cardio moves and five mind-body moves. A great class for strength participants that need to incorporate cardio and yoga and Yoga-Pilates participants that need some strength and cardio. All levels welcome! 50-minute class.

WERQ

WERQ is bringing the high energy of a nightclub straight to the studio! The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat all while challenging your inner Diva!

Yogalates

Yogalates is integrating Yoga poses and Modern Pilates techniques for compete fitness, strength and flexibility. Yogalates develops CORE strength, tones muscles, increases flexibility and reduces stress. Matwork from Pilates and Yoga poses will warm and strengthen the body.

Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe- inspiring movements meant to engage and captivate for life!

Active Adults 55+

Chair Yoga 55+

Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. This class is designed for ages 55 and up.

Golden Age Yoga 55+

The main benefits of yoga include improved balance and flexibility, lower blood pressure, improved strength and energy. This class is designed for those 55 and older. Chairs will be provided but participants will also complete postures from the floor. Please bring a yoga sticky mat.

Golden Age Pilates 55+

The small controlled movements that take place in Barre decreases pressure on the joints, tendons, ligaments and spine by improving core strength and posture. Pilates enhances your balance, also, increasing core strength. Yoga increases your meditation practice, flexibility and balance creating a perfect combination of exercises. The assistance of a chair will be used for balance along with light weights, resistance bands, Pilates ball and a sticky yoga mat for floor work

Golden Age Strength 55+

The class focusses on functional fitness with exercises designed to help 55 and older students in maintaining strength, balance, and flexibility. Chairs will be available to assist with balance and for some seated exercises. Weights and bands will be used for strength training and mats for working the Core on the floor. Class will finish with plenty of stretching.

SilverSneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Aqua Fitness

Deep Water Aerobics

The unique physical properties of water provide support, resistance and assistance to help you achieve your training and conditioning goals. Exercising in deep water reduces weight bearing stress by 90 percent. The positive effects of water training go beyond joint off-loading and cardiovascular fitness.

Lazy River Aqua Walking

Experience a fun and low-impact workout in the soothing current of the lazy river! This aqua walking class is perfect for all fitness levels, offering a gentle yet effective way to improve cardiovascular health, strength, balance, and flexibility. The natural resistance of the moving water enhances muscle engagement while reducing joint strain.

Shallow Water Fitness

This aqua class is energetic and includes a mix of cardio, strength, toning and stretching all in the water! This is a great workout and offers a twist from the traditional studio type course. Modifications are available for those that are new, recovering from injury or just want a slower pace.

WATERinMOTION™

Is the newest aqua exercise workout that provides a low impact, high-energy, challenge for participants of all ages, skill and fitness levels.