Wellness Programs

**Spin** - Spin is a very popular form of aerobic exercise. This is a great workout for improving your strength, stamina, and cardiovascular endurance.

**Mountain Biking** - Mountain Biking is a great way to have fun while exercising. Come ride our bikes (Giant/Warp DS5) or bring your own. Pick your choice of trails, paved, or off road.

**Pilate’s and Yoga** - Combination of Pilate’s and Yoga with resistance bands makes this class perfect for increasing core strength, balance, and flexibility.

**Core Training** - With this intensive workout, it will help work and challenge your entire body, tighten your abs, firm your arms, and strengthen your legs. There is a variety of exercises used during Core Training to get that overall body workout.

**Turbo Kick** – The hottest kickboxing class around! Turbo Kick combines athletic moves, sports drills, hip hop flavor and so much more!

**Abs** – 20 minute abs class where you will be strengthening and defining your abdominal muscles and core strength.

**Circuit Training** - Circuit Training includes a balanced program of exercises using single-station machines to work every muscle group of the body and to emphasize using proper exercise techniques.

**ZUMBA** – A fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away!

**Hip Hop Hustle** – No experience required! This class takes the fun factor up a notch with super hot moves that will have everyone wanting more!

**Pump It** – This workout challenges your body by using all of the basic lifting techniques. Amazing music, fabulous instructors and the results you want! What are you waiting for??

**PiYo** – An athletic fusion style strength and flexibility mat class that combines energetic, powerful moves into a fluid, challenging workout for everyone.

***All fitness classes can be modified to fit your fitness level***