**“Steppin’It”**

This is a classic cardio workout that delivers results. “Steppin"It" uses an adjustable step that can be raised from 4 to 12 inches. You step up, around, and down from the step in different patterns to boost your heart rate and breathing and strengthen your muscles. All fitness levels. Duration: 60 minutes and noon classes are 30 to 40 minutes.

***FIT & WELL* - “R.E.P.S”**

Interval training class that is designed to strengthen and tone the entire body - burn calories & fire your metabolism. Duration 35 minutes

**“Ride” and “Spin”**

These are indoor cycling classes that focus on endurance, strength, intervals training, and using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. All fitness levels. 35 minutes duration.

**Boot Camp**

A strength and conditioning workout that utilizes light weights, and high repetitions. A focus on perfect form results in an increase of muscle tone, lean functional muscle strength, bone density and body awareness. Target all your muscles in one workout. All fitness levels.35 minutes in duration

**Yoga**

This is the now” stay mindful and present while you move your body in this Vinyasa style class. The sequence of postures paired with your breath is intended to work on your focus, flexibility, and strength while improving your body posture over time. All levels are welcome, no experience is needed, 40 min duration.

**ZUMBA**

A fitness class that combines Latin and international music with dance moves. It targets lots of different muscle groups at once for total body toning. Boosts your heart health. You not only get aerobic benefits (it really gets your heart up), but you also get anaerobic benefits- the kind that helps you maintain a good cardiovascular respiratory system and helps you to de-stress. Duration 45 minutes

**Total Body Sculpt**

You get a full body workout with Toning and Cardio? Get your day started with an energetic workout including strength, cardio and core. Duration: 40 minutes

**“Raise The Bar”**

This is a full-body workout designed to help improve muscular strength while toning the total body, using a weighted bar, weight plates and body weight. Duration: 60 minutes

**“Crunch & Burn”**

This is a weightless way to sculpt your body. This session will assist in toning the body to music using your own body weight, that focuses on the abs and buns. Duration: 40 minutes

**Pilates Mat**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements. 45 minutes duration.

**Dance Hall Fitness**

This is a class where you burn calories while dancing to a mixture of old lines and more modern-day dances. These dances will cover a genre of music. All fitness levels are welcome. Duration: 40 minutes

**Yogalates**

A low impact session that gets your heart pumping with a full body workout, building strength, increasing flexibility, coordination and balance to improve your body physically and your mind mentally. Fun for all ages. Duration: 45 to 60 minutes.

**Pop Fan Fitness**

A dance class with mixed line dances using a fan. Duration: 35 minutes