PLEASE NOTE:
Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a $5 fee. No refunds after the start of class will be issued.

Power Sculpt:
This is a high energy, short duration interval and circuit class that will combine power movements and strength training to define all major muscle groups of the body. Be prepared to work at a higher level of cardiovascular endurance and push yourself to the next level. Each class if different and uses a variety of equipment and weights. The class starts with a warm up and short stretch, and ends with a core workout, stretch, and cool down. Please wear good gym shoes and bring a water bottle.

Spin & Sculpt
This is a combo class format which can utilize many types of equipment, body weight, in addition to the indoor spin bikes. The class will either be split in two sections or be a combination of circuits. While on the bike, we will work on cardio conditioning. When off the bike we will incorporate a variety of exercises as well as hand weights and other props around the gym. It is designed to work on strength and toning targeting all muscle groups. The class will end with an AB workout, stretch, and cooldown. If wearing cycle shoes, bring gym shoes for other half of class. This class is for all levels.

Friday Night Spin:
After a solid warm up, get your bikes in gear! Spin to motivating tunes with Sam as you burn calories, increase your cardiovascular endurance, and boost your mood. Treat yourself to a friday night spin to stay in cycling shape all Winter long. Class includes a cooldown. Towel and water bottle recommended.

Brazilian Jiu-Jitsu:
A 16-week program of Jiu-Jitsu fundamentals. Our professors are Brazilian Black Belts and have extensive coaching experience, are certified and have won numerous tournaments at all levels of Brazilian Jiu-Jitsu. Jiu-jitsu is one of two martial arts that are defensive. There is no striking and the main goal in Jiu-Jitsu is to level the field by taking the opponent to the ground to get a submission. Brazilian Jiu-Jitsu is one of the most effective self-defense martial arts, where real life self-defense situations are explored at the beginning of every class.

Aerial Silks Sequences:
This program uses a tailored sequence training model to provide the repetition and refinement necessary for muscle memory and skill development. Develop physical mastery through dynamic upper body, grip, and core strength while improving full-body flexibility, balance, and endurance. Build strength, confidence, and grace in the air and on the ground!

Aerial Fabrics
A group class using aerial silks to increase upper body strength, core stability, and flexibility, with guided instruction for climbs, wraps, and drops.

Butts & Guts
An energetic & upbeat strength workout that combines resistance training, cardio, flexibility, & balance to tone and sculpt. Each class will be different and use a variety of equipment for a full body burn, with focus on the core, glutes & legs. Warm-up & cool down included!

Power Hour:
Full-body strength and HIIT class that will help increase strength, power, functional movement, and anerobic endurance through the use of weights, medicine balls, balance drills, and plyometrics.

Power Lunch
Make the most of your day with this circuit-based class. Increase endurance while toning and conditioning the whole body. This class includes short rest periods between circuits. Anyone who has limited time can leave early between circuits if needed. Please let your

Silver Sneakers® Yoga:
Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Silver Sneakers® Classic:
This workout includes fall prevention drills and exercises to improve strength and endurance. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Silver Sneakers® Splash:
Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a kickboard is used to develop strength, balance and coordination.

Silver Sneakers® Circuit:
Circuit class includes resistance exercises that improve upper body conditioning, intermixed with cardio and balance challenges. You'll move through blocks of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

Slow Flow Yoga:
This Slow Flow yoga practice moves at a gentler pace to build strength, improve flexibility, and promote inner calm. By moving mindfully with the breath, this class focuses on physical alignment and body awareness, linking poses together thoughtfully for smoother transitions. It's a great option for beginners or anyone seeking a less intense but still challenging and restorative practice.

Align & Flow Yoga:
Align & Flow blends the mindful, foundational alignment focus of Hatha with the breath-linked, dynamic movement of Vinyasa, creating a balanced practice that emphasizes correct form within a flowing sequence. This practice is both mindful and athletic, emphasizing breath-synchronized sequences, proper body positioning for stability/injury prevention, and builds strength/flexibility with slower transitions or longer holds to deepen awareness.

Vinyasa Flow Yoga:
A yoga class for all skill levels. Intentional movements paired with breath to increase strength, flexibility, balance, and cardiovascular fitness levels.

Yoga Fusion:
Yoga Fusion blends traditional yoga postures with other low impact exercises such as Pilates and toning. This class will work towards improving balance, strength, and flexibility. It is a dynamic class which allows time for stillness, breathing, body awareness and hands on adjustments from the instructor. Props such as blocks, blankets, bolsters and straps are available to support and enhance the poses. All levels welcome as modifications are given as needed.

Power Vinyasa:
An upbeat spin on traditional Vinyasa Yoga with options for challenges. Class involves pairing our breathe to movement to help build flexibility, strength, balance and awareness of our body and mind. Expect a nice warm up, energetic series of yoga poses in multiple flows, and a nice cool down & stretch. All levels welcome.

Mobility & Balance
Prepare for the ski season in a class built around the joints and muscles that work hardest on the mountain. Through controlled mobility drills and balance work, you'll improve range of motion in your hips, knees, and ankles, build core and lower body stability and sharpen balance and body control. All levels welcome.

Classes at a Glance

- Aerial Fitness
- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- Other