

**All Power Cut, yoga, and pi-yo classes are 55 min., and cardio classes are 45 min. unless otherwise noted.
Classes may be changed or removed depending on attendance at any time.**

Power Cut

This strength building class uses barbells and dumbbells and will change the shape of your body! From the beginner to advanced will benefit from this class by changing the shape of your body and building muscle.

Kick Box Combo

Going back to basic kick box drills, form and choreography. This class will incorporate the basics of kickboxing. Roping, drill work, boxing, lower body and even some station work will all be normal.

Cycle Classes

These classes are for the cyclist that wants some indoor training and for the beginner who wants to try something new to mix up their routine. You can work at your level, so don't hesitate to join us!

Pi-yo, yoga, pilates

Your workout can't be complete without one of these great classes. Core strength (abs and back) flexibility and a clear mind are all benefits you will receive. Find one that fits into your schedule and make it a normal part of your routine.

Cardio Mix/Surprise/Fun

This cardio class is just as it says: a good mix of different types of cardio. If you get bored with one, come and get them all with this upbeat, calorie burning cardio class. Step, kick box, drill work, dance, and hi-lo routines will be the norm.

Step Aerobics

Great cardio workout using benches! (It's always an option to workout without them.) Join us for a great heart-pumping workout and lots of fun! Suitable for all levels.

Beginner Zumba

Let's move! You will have so much fun in this class, you won't even know that you're working out! This is a low impact, dancing, cardio class! Don't be shy! Come check it out!

Senior Strength and Balance

This class is geared toward anyone new to group exercise or would like a less intense full body work out! You will get a full body strength work out, low-impact cardio, and some balance work all in 30 minutes. Join us for a great time!

Tai Chi

Suitable for ALL levels! This is a low impact class that helps improve balance, flexibility, and strength. In addition, you will improve posture stability, control of body positioning, coordination, and lower-extremity strength. It is slow moving and can even be done while sitting in a chair!

Cardio/Strength Circuit

A great fat blasting workout! Incorporating weights with cardio, you are sure to challenge your body every time. Enjoy a new and exciting work out every week.

Boxing Interval

Challenge yourself with this intense boxing-style class. You'll be sure to burn a lot of calories and feel great!

Yoga 101

If you've ever considered trying yoga but have felt a little intimidated, this is the class for you! You'll learn the basics and get beginner level instruction. It's a great place to start.