

HIIT + Abs

HIIT stands for High Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery intervals. HIIT is known for providing an effective cardio respiratory workout in a short time frame. Be ready to utilize your entire body via bodyweight and equipment based exercises.

Bootcamp

This class combines strength training and cardio exercises for a comprehensive workout that is ideal for anyone seeking a full-body workout.

You can look forward to a full-body workout, using the water to do what we can't with our feet on the ground. Deep Water X is ideal for participants of all body types and fitness levels. No swim experience required.

Shallow Water X

This class takes place in the shallow end of the pool, using the buoyancy of water to lessen the impact on our joints. You can expect a variety of HIIT intervals, plyometrics, and strength work for the upper and lower body in this effective, low-impact class. No swim experience required!

Hip Hop Dance

Hip Hop Dance is designed to keep your body moving through simple and fun hip hop movement while providing a community for those who enjoy dancing and listening to a variety of hip hop tracks. Any level of dance experience is welcome!

Kpop Dance

Dance, sweat, and stretch in our new kpop class. Participants will learn chorus choreography to some of the most popular kpop songs from the last 10 years and new releases. Each class will break down one dance sequence that we will practice and "perform" at the end. The goal is moving and having fun, so all are welcome!

Zumba

This Latin-inspired dance-fitness class incorporates Latin and International music with dance movements to create a fun and energetic workout.

Beginner Vinyasa Yoga

This mindful vinyasa flow class practices slowing down and moving with the breath to promote awareness and grace. The integration of yin yoga to release facial tension with a slow and gentle vinyasa flow teaches practitioners to use breath effectively in transitioning from one movement to the next. This is a perfect class for yogis building up to a faster-paced vinyasa practice, or for experienced yogis looking to slow down and find some release in a gentler flow.

Foam Rolling

Foam rolling is a self-myofascial release technique (SMR), which is a type of therapy used to reduce general fascia restrictions and increase range of motion. It's like a full body massage and is ideal for releasing muscle tension after a good workout or long day at the desk. Let your muscles relax into the foam roller and end with some nice stretching to help prepare your body to tackle the rest of the day.

Gentle Yoga

This slow-paced and alignment-based practice facilitates ease and awareness in the body through using a combination of gentle yin yoga stretches to release tension in the fascia, restorative poses, and breathing and meditation techniques. Gentle Yoga is appropriate for anyone from the absolute beginner to the experienced yogi looking to bring an element of deep relaxation to their practice.

Hatha Yoga

This is an active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice.

Aikido

Learn how to use your body to defend yourself. Instructors will lead you through a variety of drills on the bike, such as sprints and hills, to ensure you get the most out of your workout time. Participants will be set up on the bikes safely and be provided with motivating music to keep you going. Krank cycles for the upper body can be swapped out for traditional spin bikes if preferred. Please bring a towel and a water bottle as this class will make you sweat! If you are a new rider please come 5 minutes early so that you can get properly set up.