



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



BODYVIVE™ is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, all while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.



Take your workout to a whole new level with this fun, fast-paced class! Focusing on cardio, agility and core training, you will be sure to burn big calories. HOORAH!

Core20

Strengthen your abs and back with this quick 20 minute class!

Silver Sneakers: Cardio Circuit

This class combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout! Work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography

Silver Sneakers: Muscular Strength

Have fun and move to the music through a variety of exercises using hand-held weights, elastic tubing with handles, a ball and chair. This class is designed to increase muscular strength, range of movement & activity for daily living skills.

Tai Chi for Arthritis

Designed to improve the quality of life for people with arthritis using Sun style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements do not require deep bending or squatting.

Yoga Flow

Experience the essence of Yoga as you workout, tone & sooth your mind & body.



This incredibly fun, low-impact class combines traditional cumbia, salsa & meringue music with red-hot international dance steps. All to pulsating latin rhythms.

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