

 Aquawaves	<p>The best of both shallow and deep water aquafit. Aquawaves focuses on cardiovascular endurance with full body toning and an aqua stretch segment for relaxation. Aqua belts are provided for flotation.</p>	Mindful Meditation	<p>Be calmer, less stressed, focused and grounded through instruction, discussion and practice.</p>
Ballet Barre Fit	<p>Combines ballet barre exercises, with flexibility, core conditioning, muscular endurance and mat work to develop a toned physique. No dance experience is required. Suggested footwear: socks with grips on the bottom.</p>	Power Pump	<p>5 minute warm-up, 40-50 min. of muscular strength and endurance followed by 5-10 minutes of stretch and cool down.</p>
Basic Yoga	<p>Brings strength, balance and flexibility to your life through basic postures done at your own pace.</p>	Shine Dance Fitness	<p>Full-body cardio + toning workout based in traditional jazz, ballet, and hip hop. Get ready to sweat, smile, shimmy, and shake your worries (and calories!) away.</p>
 Beginner Yoga	<p>Offered at a slower pace, focuses on the basics of yoga, breathwork and movement.</p>	SpinFit	<p>Get a fun, high-energy workout in our SpinFit Studio.</p>
Bootcamp	<p>Increase your strength and cardio with this non-stop total body bootcamp workout. Includes a 5 minute warm-up and cool down and stretch.</p>	 Vitality Plus	<p>Share the life-enhancing benefits of regular exercise and have fun with this low-impact class combining cardiovascular exercises, muscle toning and stretching.</p>
 Chair Yoga	<p>Helps with stiff and aching joints, balance, posture and alignment. Includes 30 minutes of seated yoga poses that strengthen the body and 30 minutes standing, using the chair and other props for stability and support.</p>	 Vitality Strength	<p>Share the life-enhancing benefits of regular exercise and have fun with this low-impact class combining cardiovascular exercises, muscle toning and stretching.</p>
Core Strength	<p>30 minute abdominal and lower back conditioning class. Focuses on strengthening and improving posture and balance.</p>	Yin Yoga	<p>Yin Yoga is described as the yoga of surrender. Practitioners hold postures for up to 5 minutes, using their mindful breathing techniques to relax their bodies as much as possible and surrender to gravity. Because of the length of time the postures are held, yin yoga accesses deep tissues in the body in a way that other styles do not.</p>
Core Yoga	<p>Designed to increase core strength and enhance postural alignment of the feet, pelvis and torso while improving postural alignment, awareness, balance, and stability of the pelvis and spine.</p>	Yoga Flow	<p>A dynamic style of yoga which joins physical postures and breath, creating a steady rhythm for the practice. Yoga Flow is designed to cultivate heat in the body, including sun salutations, balance and strength postures with a strong focus on the power of breath awareness.</p>
Fusion Fitness	<p>An intermediate mix of cardio, standing Pilates, Barre, strength training with light weights and a core mat work. This class has components of balance, flexibility and stability.</p>	Yoga Tune Up	<p>Yoga Tune up uses props and/or blankets. You will be guided through a series of postures and ball rolling, to help identify weaknesses in our bodies that may not be fully utilized due to our body's way of compensating. If you find none, it will be an amazing session of self-care. Each posture will be identified, explained and demonstrated.</p>
HIIT	<p>High Intensity Interval Training will take your fitness to the next level. Intense timed exercise bursts followed by short recovery periods. It builds cardiovascular output while improving muscle strength and power to maximize calorie burning during and after the workout. Sure it is tough, but we have a lot of fun!</p>	Zumba	<p>Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness class. An effective aerobic workout!</p>
Mat Pilates	<p>A beginner/intermediate level mat class focusing on the foundation of BASI moves where we flow from one move to another using the body's own core strength, stability, and coordination skills. Light, flexible work out gear is optimal.</p>		