



A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

ABS & GLUTES

This 30 minute workout is for those that want to concentrate on their ABS and GLUTES. Class includes a warm-up and a cool-down. All fitness levels welcome.

Aqua

An amazing cardio workout in the water with minimal impact on your joints. All levels welcome!

Body Challenge

Defy your fitness level. Dynamic weight maintenance and cardiovascular conditioning exercises w/ variety of options. All levels welcome.

Bodypump Express

IN A HURRY? Try our 45 minute rapid fat-burning class that uses barbells to tone and condition muscles. After an exhaustive study, BODYPUMP was verified by the University of Auckland as providing the fastest body fat loss of any fitness class.

Cycling 60 min

Get a 60 min. cardio ride and burn more calories.

CYCLING EXPRESS

45 min indoor ride with maximum cardio input

FITNESS 101

Never exercised? Haven't exercised in a long time? Don't know where to start? This is the class for you. Low impact low intensity exercise class to get you in shape.

INTERVAL CYCLING

50 min cycling class. Perfect workout or training efforts from the inexperienced to the enthusiastic rider to reap cross training benefits.

Step Aerobics

A class that offers a medium to high intensity cardio workout with basic step aerobics choreography. All levels welcome!

Yoga 1

System of postures (Asanas), breathing practices (Pranayama) and meditation from Ashanga Yoga to heighten mind-body awareness, focus, and clarity.

YOGA 2&3

Ashanga style yoga. Vigorous workout made of power movements sequences of flowing postures and traditional poses synchronized with breath to heighten mind-body awareness, focus, and clarity.

Zumba®

Join the latest Fitness craze, Zumba®: a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness experience.