



Note: All classes are 55mins unless otherwise noted, bring water!
For the yoga & PiYo classes, bring your yoga mat. We have foam mats for classes with floor work.

Dance Fitness-

Come to this non-intimidating class where you can dance like nobody is watching.

- Integrate mind, body & heart.
- Dance to a variety of music.
- Each instructor brings their own style and leverages their love of dance to get you moving.
- Wear shoes!

Core Pilates -

This class is more than your classic mat Pilates class.

- Focus on centering the mind and body through core exercises used in dance and yoga, mat Pilates techniques and breath work.
- Enhance your posture, alignment, and strengthen your body's "powerhouse."
- Use mostly bodyweight exercises and resistance bands.

Power & Pump –

A total body workout, set up in stations.

- Use body weight & weighted exercises (hand weights):
 - Get toned
 - Increase strength and endurance
- Each workout is different and will get your heart rate up!
- Rotate through several different stations where every class is different
- A challenging workout for all fitness levels

Complete Core -

The name says it all!

- A concentrated abdominal workout
- Designed to develop strength and endurance in your core
- 30 minutes is all the time it takes to get those abs you've been looking for!

Fusion Fit – 1 hr and 15mins

A combination of dance influenced by Nia, Jazz, and Modern, Pilates, Yoga, and QiGong all in one class!

This class consists of:

- Low to moderate impact choreographed movement with hand weights
- Transition to the floor for core work followed by targeted stretching.

PiYo®-

A total-body fitness system designed to whip you into shape from head to toe.

- Combines:
 - Muscle-sculpting, core-firming benefits of Pilates
 - Flexibility advantages of yoga
- A true fat-burning, low-impact workout
- Leaves your body looking long, lean, and incredibly defined.
- Bring your yoga mat, barefoot class.

All Levels Yoga –

Recommended for any level of student and beginners are welcomed!

- Postures are practiced to align, strengthen and promote flexibility in the body.
- Breathing techniques and mindfulness meditation are also integrated.
- Expect an emphasis on structural alignment, strength building, and finding release within movement.
- Bring your yoga mat, barefoot class.

Cardio Strength Blast –

Get your morning started with a full body workout that will leave you feeling energized and ready to tackle the day.

- Combines all of your favorite aspects of fitness and puts them into one solid workout!
- Every week is a different mix of cardio, strength, core, and flexibility.
- Includes body weight work, free weights, cardio kickboxing and more!!

Buti Yoga-

This dynamic yoga practice intuitively blends:

- Primal movement
- Cardio bursts
- Vibration

Tone the body – physical, emotional + spiritual.

- Dynamic Asana + Deep Abdominal Toning + Cardio-intensive Dance.
- Bring your yoga mat, barefoot class.

Barre 2 the Beat-

Combining dance and Pilates this class includes:

- Intermittent blasts of cardio.
- Movements inspired by barre dance, without the barre
- Use of isometric exercises, weights, resistance bands, stretching, breathwork.
- Sculpt long and lean muscles.
- No dance experience needed.
- Burn calories while having fun.

MELT Method 1hr and 15 mins–

Soft foam roller class recommended for everyone

- A simple self-treatment system that helps you help yourself out of chronic pain.
- Uses specialized foam rollers and rubber balls to stimulate the return of fluid to your connective tissue, while quieting the nervous system and heightening body sense within movement.
- Helps you treat your connective tissue to release stress and bring it back to its natural fluid state.