HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.
69514 Sep. 11-25
• Monday, 9-10 a.m.
• $20 ($15 Resident)
69503 Sep. 6-27
• Wednesday, 9-10 a.m.
• $25 ($20 Resident)

YOGA FLOW
Ages 16 and older
Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.
69526 Sep. 11-25
• Monday, 6-7 p.m.
• $20 ($15 Resident)
69527 Sep. 2-30
• Saturday, 8:15-9:15 a.m.
• $31 ($25 Resident)

BARRE+
Ages 16 and older
Don’t worry, you don’t need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you’ll burn calories and build lean muscle without high impact movements.
69509 Sep 5-26
• Tuesday, noon-1 p.m.
• $13 ($10 Resident)

POP and ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
69505 Sep. 6-27
• Wednesday, 5:30-6:30 p.m.
• $13 ($10 Resident)

PILATES
Ages 16 and older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
73736 Sep. 5-26
• Tuesday, 9-10 a.m.
• $25 ($20 Resident)
69510 Sep. 7-28
• Thursday, 10:30-11:30 a.m.
• $25 ($20 Resident)

ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
69522 Sep. 2-30
• Saturday, 10-11 a.m.
• $16 ($13 Resident)
YOGA FUNDAMENTALS (Beginner)  
Ages 16 & older  
Are you curious about yoga? Looking to deepen your understanding about the practice you already have? Yoga Fundamentals classes are for beginners and anyone else who is interested in reviewing the essential elements of a yoga practice. Focus includes the shapes of the postures, principles of alignment, utilizing the breath, and learning the language of the practice. Props, modifications, and simple flows will guide you further into your new and deeper yoga practice.  
• First Monday of each month Noon-1 p.m.

INTRODUCTION TO TRANSFORMATIONAL FUSION BELLY DANCE  
Ages 16 & older  
Find self-love and release while blending different sounds and dance styles with the ancient art of Belly Dance. There will be choreographies and combinations that are inspired by fantasy re-creations of cabaret, folk and ATS style Belly Dance with moves from Hip Hop, Jazz, Flamenco, and contemporary styles. Come connect to your strength, love your body and get creative.  
• Mondays, 7:15–8:15 p.m.

REB3L STRENGTH  
Ages 16 & older  
REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.  
• Mondays, 6–7 p.m.  
• Wednesdays, 5–6 p.m.

RHYTHMIC CYCLE  
Ages 16 & older  
The instructor will guide participants through workout phases that include; warm-up, steady up-tempo cadences, sprints, climbs, and cool down. Participants control the resistance of the bicycle, and thus the challenge. Great energy and fabulous music. Cycle shoes and tennis shoes acceptable.  
• Mondays, 10:45–11:45 a.m.  
• Wednesdays, 6:45–7:45 p.m.  
• Saturdays, 10:15–11:15 a.m.

REB3L GROOVE  
Ages 16 & older  
REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, bootcamp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.  
• Mondays, 5–6 p.m.  
• Wednesdays, 6–7 p.m.

LUNCH EXPRESS BOOTCAMP  
Ages 16 & older  
This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up & muscles firing.  
• Wednesdays, noon–12:45 p.m.  
• Fridays, noon–12:45 p.m.

WERQ  
Ages 16 & older  
WERQ is a fiercely fun dance fitness class, based on Pop, Rock, and Hip Hop music. The warm-up previews the dance steps in class, followed by heart-rate raising pre-choreographed dances and a cool down that combines yoga inspired static stretching and balance poses. Come enjoy some heart happy cardio.  
• Tuesdays, 8:15–8:45 a.m.

BARBELL BLAST  
Ages 16 & older  
Focusing on barbells & free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, & core.  
• Tuesdays, 6:15–7:15 p.m.

*Included with membership