Effective July 1, 2023
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Class sizes are limited—call 941-742-5923 to reserve your spot. 5 minutes after class has begun, any participant who has not shown up will be forfeit their spot to the waitlist participants.
Aqua: A low impact but high intensity water aerobics class where no swimming skills are needed. Improve flexibility, range of motion, strength, muscle tone and endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Aqua Tabata: Take your traditional Tabata workout to the pool! Alternate work and rest sets for a full body challenge!

Aqua Zumba: Aqua Zumba brings both together in one awesome pool party! Structured like a standard Zumba class, Aqua Zumba entails dancing to motivational music with unique dance moves and combinations—except it’s in water.

Barre/Barre Fusion: Fun, strength, flexibility and balance workout. Graceful but intense barre combines great music and strength exercises to give you a fully toned and balanced body.

Bootcamp: Increase your strength and cardiovascular endurance while pushing through totalbodyweight, plyometric, and strength exercises.

Ballroom Dance: Whether you’re a novice or seasoned dancer, this class is for you. Come to learn new moves, or as a refresher for all dance styles.

Beginner Line Dance: Take it slow. Spend more time with each dance to ensure the steps are clear to everyone.

Body Worx: Move at your own pace, your range of motion with your dumbbell weight choice to this interval strength and endurance class for all levels. Bring mat for core and stretch.

Cardio Blast: Have fun blasting away calories and increasing your heart rate in this dynamic cardio workout! Kick, dance and move your way through this fun filled class!

Cardio Flex: This low impact cardio class will get your blood flowing. Upbeat aerobics followed by total body strength training.

Chair-obics: This is a seated cardioworkout combining strength, balance, coordination and flexibility.

Chair Yoga: If you do not want to get on the floor this is a great class to stretch, meditate and learn therapeutic moves, all seated in a chair.

Circuit Training: Hit each muscle group and raise your heart rate in this circuit training strength and cardio based class. Squat, Lunges, Push Ups, Cardio Intervals and Mat work performed.

Core & More: Learn new ways to work your core muscles... and strengthen supporting muscle groups. Weights, Bands and Mat work performed.

Cycle: Nothing beats an indoor cycle class! This is a low impact; high intensity cardiovascular workout designed to torch calories and increase leg strength and endurance. Class limit 9

Cycle Plus: 35 minutes of indoor cycling followed by 10 minutes of a core-engaging workout. Get ready to do a music-enhanced mix of training on the bike plus floor exercises, including Yoga and Pilates poses, that involve all major muscle groups to build strength, while improving balance and flexibility.

Dance Fit: Get your heart pumping in this dynamic, energy-filled dance class. Set to wide variety of music, old and new, this fun-filled sweat session is appropriate for all fitness levels.

Gentle Yoga: A time to reconnect your mind to your body through pranayama (the Yoga breathing), careful and authentic Yoga practice and complete relaxation.

High Beginner Line Dance: Even though these are still beginner dances, there are more steps that might be just a little more challenging.

Latin Dance: An intro to Latin dance. Learn Salsa, Bachata, Samba and Merengue. A perfect way to get your body moving and have some fun!

Pilates: Strengthen and lengthen the essential muscles of your core and more with focused exercises and restorative stretches.

Pure Strength: Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.

Power Dance: Is a group exercise class with HIIT training and some serious attitude. BANG is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance and body weight training, w/ weighted gloves.

Power Yoga: A more challenging, flowing sequence of poses that wakes up your body, can increase your heart rate and get deep into your stretches.

Relaxation/Wake-up Yoga: A time-out class to stretch, relax, and connect with your breath. A great class for everyone from kids to seniors, athletes to office workers, and those with sciatic troubles to tight hamstrings. Use of chairs for assistance is optional.

IRESTORE—Is self manual therapy using massage tools such as foam rollers and therapy balls to increase flexibility, reduce muscle tightness and improve muscle recovery.

Sit & Get Fit-A chair activity that addresses physical maintenance and aerobic training. Fun seated exercise workout for those who need to sit, exercise and get fit. Feel the fitness and health benefits.

Step Aerobics—An aerobic exercise, that is performed by stepping onto and off an elevated platform while doing upper body movements. Designed to improve your cardiovascular system while also targeting your legs and core, building strength and flexibility.

Step & Sculpt—The first half of the class is easy to follow step (platform optional) sure to rev up your heart rate. The last half is a series of exercise using dumbbells for strength conditioning benefits.

Strengthen & Lengthen: Come learn new moves in this 45-minute workout of total body strengthening and stretching exercises.

Tai Chi: Tai Chi is a gentle healing art. It is an excellent way to open up the joints and stretch the tendons, which allows for greater mobility, and greatly replenishes energy. Open to all, it is a safe and effective exercise.

Total Core: Strengthen and condition your core muscles... and more! This class will work your core, which includes the abdominal and low back muscles. Additional exercises incorporate upper and lower body as a way to strengthen your core.

Vinyasa Yoga: A journey into the connection between mind, body, and spirit. Learn a greater understanding of flexibility, breath, and movement through a flowing sequence of yoga poses, with options.