

Mind & Body Classes

Yoga / Hatha Yoga

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices. Among the most well-known types of yoga is Hatha yoga. Hatha yoga classes use the breath to create a link between the body and the mind. Hatha classes build flexibility and strength while minimizing the chance of injury. This well-rounded style balances and opens the body. The classes are typically gentle, but there may be classes that take on tougher poses, talk to the teacher ahead of time, to make sure you attend an appropriate class.

Pilates

Using specially designed moves, Pilates educates, realigns and balances your body. It increases core muscle strength while promoting coordination and flexibility. This class uses the concept of traditional Pilates and modern principles of exercise science and rehabilitation.

Speciality & Conditioning Classes

Body Sculpt / Body Conditioning

After a short aerobic style warm up you will start your primarily low impact muscle-toning session using free weights, resistance bands and your own body. This high-energy fun class is designed to provide you with a total body workout focusing on muscle tone and definition. Body conditioning is very similar to Body Sculpt but is lower impact.

Top to Toe Conditioning

Primarily a low impact workout to burn fat and tone up your entire body. We use a powerful combination of toning exercises designed to target all muscle groups. Suitable for all levels, but exercise with care when starting a new class.

Community Classes

Zumba[®]

Zumba classes feature exotic rhythms set to high-energy Latin and International beats including merengue, salsa, hip hop, pop, mambo, rumba & flamenco. Every class features easy to follow routines. No dance experience required.

Aerobics

A great class for calorie burning and improving coordination. Combines mixed impact movements to upbeat music, core and conditioning exercises could be included to give you a great workout experience.

Spinning

Cycling is the perfect low impact highly effective cardio and strength workout. You will ride your bike to the beat of great music and burn up to 600 calories in a session. You will get your heart pumping and also work your glutes, calves, quads, hamstrings while lowering your body fat over time.