



Barre

Barre combines movements from ballet, Pilates, and yoga to deliver you an effective and fun full-body workout. Created by a Jewish ballerina after injuring her back, Barre focuses on small, pulsing movements with low weights to help you build strength, balance, and stability.

Body Pump

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises, such as squats, presses, lifts, and curls.

Boxing Conditioning

A combination of cardiovascular and strength training, this class focuses on improving balance, posture, strength, and endurance for a full body workout that you won't want to miss. Get ready to sweat and sculpt your way to a stronger you!

Dance Fit

A fun cardio workout utilizing the latest dance moves. No dance experience needed.

Hatha Yoga

A slow-paced yoga class with a focus on breath and proper alignment.

Les Mills Core

A workout focusing on exercising the muscles around the core, allowing for a stronger body overall. This class uses resistance bands, bodyweight, free plates, and a mat to take you through core, glute, and low-impact exercises.

Paddleboard Fitness

Dive into a unique, full-body workout with our Paddle Board Fitness Class! Our certified instructors will guide you through a series of core-strengthening, balance-boosting, and flexibility-enhancing exercises—all on a paddle board! Expect a mix of yoga-inspired movements, light cardio, and bodyweight exercises designed to challenge your stability, engage your core, and build lean muscle.

Pilates

Our Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.

Power Yoga

Power Yoga focuses more on poses to build strength and flexibility. Movements incorporate longer-held poses and rep-based series to add intensity and strengthen the muscles. Expect the class to be more exercise-based rather than relaxation-based.

Rhythm Ride

Pedal to the beat in our high-energy Rhythm Ride class! Ride through a playlist that'll keep you pumped from start to finish Whether you're a seasoned cyclist or new to the saddle, this class is designed to challenge your endurance, boost your mood, and elevate your fitness. Our instructors will lead you through an exhilarating mix of intervals, climbs, and sprints, all set to music that makes you forget you're even working out.

Strength and Conditioning

This bootcamp style class brought to you by RecWell Fitness. This will be a 45 minute high-intensity class that will challenge your cardiovascular fitness, strength and endurance. This class is all about power and strength! Designed to help you grow and challenge yourself along the way.

UBOX

A combination of boxing and HIIT drills that will give you a total body workout. Learn various strikes and add the resistance of a punching bag in order to give yourself an extra challenge. Hand wraps required; please note that hand wraps WILL be provided, gloves will NOT. Participants are welcome to bring their own wraps and/or gloves.

Yoga Flow

This ancient practice, with various origins and evolutions, focuses on creating harmony between the mind and body. Yoga flow is a class that incorporates more technical language and focuses on advanced yoga poses that flow to help you grow in your Yogi experience. Flow practice is great for the participant looking to increase their flexibility and ability to move through more difficult moves at a faster pace. Beginner experience is suggested, but not necessary.

Yoga Restore

Restorative yoga is designed to help you restore your mind and body. We use a blend of props to support you through stretching, breathing, and slow movement to relax the body and unwind from a long day. Perfect for the participant looking to meditate and clear the mind while getting in touch with the body.

Zumba

Join us for a Latin inspired dance workout featuring music and moves from Latin America! Salsa, merengue, and cumbia the night away in this cardio dance class! A fun, effective workout for Zumba® lovers, new and old. Don't wait to join the party!