

Beginner/Intro Classes

HI/LO CARDIO SCULPT

Freestyle aerobics incorporating athletic-based moves and plyometric exercises.

STEP FUSION

Traditional STEP moves to improve cardiovascular fitness, agility and coordination. Class ends with strength training and abdominal work.

Y-FUSION

By using a combination of several key elements for a total body conditioning workout: Low impact, Mid-intensity Aerobics, Strength Training, Core Stability with Pilates, Balance, deep Stretching & Relaxation through Yoga, this class has it all.

CHISEL & BURN

Strengthen your heart & tone your body! Incorporates bursts of cardiovascular exercise with strength training & core work.

PILATES

This ultimate mat workout involves a series of controlled movements to engage your body and mind, and improve flexibility and strength without adding bulk.

HATHA YOGA

This class will include core strengthening, stretching & restorative poses. A combination of postures meant to increase flexibility & reduce stress. Target your spirit, mind and body.

Group Exercise

KUNDALINI YOGA

Strengthens and balances the nervous and immune systems, increasing endurance and flexibility and centers the mind. Benefits include relief from back pain, stress, sadness and insomnia.

CARDIO MIX

This high energy, fat burning workout incorporates high and low impact moves with athletic aerobic movements. This a great workout for all levels, come and take the challenge!

BODYFIT

Whether you've been working out for years or getting off the couch for the first time, there is something for everyone in this boot camp type class. You'll experience one hour of heart-pumping cardio drills combined with full-body muscle conditioning that will tone and tighten your body.

CORE STRENGTH

A combination of strength and resistance training utilizing weights, bands, balls and disks. This class is designed to improve strength, endurance and balance.

F.I.T. (Functional Intense Training)

Are you ready? This cross training class will bring your workout to a whole new level based on endurance, power, and strength utilizing sport specific moves, weights, tubing and so much more. 100% pure energy.

STRENGTH AND POWER

A total body strength training workout using weights, bands, gliding disks & more. This class will build muscle strength & endurance while developing long, lean muscles.

STRENGTH, POWER & CORE

Strength & Power with a stronger emphasis on developing the core.

TURBOKICK® & PiYo®

Class begins with TurboKick® - fast-paced cardio kickboxing using moves from dance & martial arts. An upper body & lower body strength workout transitions you into PiYo®, a fusion of basic mat Pilates & Yoga.

STEP & SCULPT

A combination of step aerobics & strength training that will increase your heart rate and tone your muscles. Weights, body bars and medicine balls are used during this total body workout.

CYCLE FUSION

A combination of cycling & strength utilizing hand weights, medicine balls, & much more! Shape your body into a new you. Bike reservation must be made no more than 48 hours in advance by calling (508) 852-6694 x276

CYCLING

Time flies by as you work up a sweat to great music and motivational instruction. Designed to improve cardiovascular fitness, strength & stamina. Bike reservations must be made no more than 48 hours in advance by calling (508) 852-6694 x276