

Tai Chi: Tai Chi includes a series of movements that are performed in a slow, focused manner with deep breathing. It is a noncompetitive, self-paced program of gentle, physical exercise and stretching. Each posture flows into the next, ensuring that your body is in constant motion.

Yoga Flow: Break up your day by exploring a variety of yoga practices to rejuvenate your body and mind. Classes will practice Asana, Pranayama and meditation.

Barre: This low-impact workout combines Pilates, yoga and ballet moves to give you long, lean and sculpted muscles. Isometric exercises allow special focus on specific muscles for clearly defined results.

Barre Fusion: Barre Fusion combines cardio with isometric, strengthening and other combination style fitness to create a fun full body workout. Music is used to motivate and create an active setting. Full body fitness in one hour.

Silver Sneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with handheld weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Group Centergy: Grow longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. DEFINE YOURSELF.

Strength & Body Sculpt: Designed to sculpt and tone muscles. Total body workout using adjustable barbell, free weights and body weight. Noticed improvement in your strength, muscle tone, balance and core and leg strength. Fun music to motivate and get your heart rate up.

HIIT Strong: This hour long class is packed with full body toning and strength building exercises using a High Intensity Interval Training format for maximum calorie burn. Rockin' music will make the time fly by!