

SPINNING:

Indoor Cycling is great exercise for people of all abilities, fitness levels and ages. Featuring the same low-impact workout and great aerobic benefits as road or mountain biking outdoors.

ZUMBA:

The Zumba® program fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program that will blow you away.

PILATES:

The Pilates method seeks to develop controlled movement from a strong core. Pilates aims for elegant sufficiency of movements, creating flow through the use of appropriate transitions. It is suitable for people of a wide fitness range.

BOOTCAMP:

Boot Camp is a fun, vigorous and full body workout. A circuit based class ranging from intense cardio to strength moves.

**Warning: There are many high impact exercises involved in Boot Camp. This class is not recommended for chronic back and knee injuries or rehabilitation purposes.*

GENTLE YOGA:

This class is for all levels. Learn to stretch, strengthen, balance and become more flexible through Asana's (postures) and the breath in a gentle manner. All levels welcome.

WEIGHT TRAINING CIRCUIT CLASS:

A guided cardio and strength conditioning class designed for a full body workout. Open to all fitness levels.

POWER YOGA & VINYASA FLOW YOGA:

This class is considered an active form of yoga. In this class poses will include standing, sitting, twists, backbends, inversions, shoulder stands, and headstand prep. This is an intermediate yoga class.

DRYLAND TRAINING

Get fit now for skiing this winter! Pre-season Nordic ski conditioning
All levels & abilities.