


	<p>The most successful group fitness program in history, BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast! HAVE NO FEAR! All instructors are CERTIFIED through Les Mills in teaching this class. A little about Les Mills...Les Mills is changing the way the world thinks about fitness. He added entertainment to exercise and the result is an irresistible mix that's sweeping the globe. Les Mills classes are currently running in more than 55 countries, with an estimated four million participants a week. The Les Mills story is one of creativity, inspiration, energy and passion. Feel free to look him up on the web at lesmills.com.</p>
<h1>Pilates</h1>	<p>Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen.</p>
<h1>KICK BOXING</h1> 	<p>This 45 minute class is a pre-choreographed cardio kick boxing class. This will strengthen your abs, shoulders, and legs. For a more intense work out bring your own punching gloves.</p>
<h1>ZUMBA</h1>	<p>This is a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.</p>
	<p>A 60-minute class creating balance, strength and flexibility through traditional yoga posture while cultivating a sense of peace and well being. You may bring your own yoga mat to class if you wish.</p>
<h1>Cardio Blast</h1>	<p>Our Cardio Blast workouts are efficient because you work your entire body, heart and muscles by going from one exercise to another with no rest. The workouts involve calisthenics like push ups, jumping jacks, crunches and other toning exercises. The difference lies in the intensity. Your challenge is to take your body to its limits. You work, sweat and best of all you burn calories like crazy.</p>
<h1>Rip-N-Ride</h1> 	<p>This class begins with a 30 minute ride followed by a 30 minutes strength & conditioning class. Specifically designed for functional strength, this class will leave you feeling strong and empowered.</p>
<h1>Spin</h1>	<p>This 45 minute indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. This class will enhance your speed, strength, stamina and will improve your overall physical health and increase your caloric burn.</p>
<h1>EXTREME PERSONALIZED TRAINING</h1>	<p>Work out like you've never worked out before. Platinum extreme training will focus on interval training by incorporating high intensity, high impact moves. This fast paced workout will increase your heart rate through a mix of exercise and sport training moves. Be ready to work hard, sweat hard and lean out!</p>

You can easily find a class suited to your own fitness needs.

Classes are on a first come, first serve basis. AM classes seem to be filling up more regularly than any other. Prepare to come :15 min early so you can ensure a spot in class.

For those new to the class, make sure to tell the instructor that you are new, so that this way they can monitor you closer.



Kids Zone Hours
 9:00am-8pm Mon-Fri
 9:00am-2:00pm Sat



Monday Thursday 5am- 11pm
 Friday 5am- 9pm
 Saturday 8am- 7pm
 Sunday 10am- 5pm