

Group Fitness Class Descriptions

Anything Goes!

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

Aqua Bootcamp

This bootcamp inspired aqua class takes place over the summer months and utilizes cardio, strength, pool noodles, and water resistance is what you will find in this Aqua class. You will feel the burn and have no impact on your joints while in the water!

Barre

Hybrid class combining ballet inspired movements with elements of Pilates, and strength training. A total body workout with movements done as time under tension. Upper body strength training combined with classic moves that target the lower muscle groups and core is what you will find in this class! Low impact, a workout that will give you a solid burn and challenge your balance and flexibility!

Cardio Sculpt

Cardio Sculpt is a full body strength and cardio endurance class that is easy to adjust to your needs. Each class follows a similar structure of varying moves and styles repeated for maximum burn. Bodyweight moves, dumbbells and bands or balls are often used in this class and are provided for you, just bring some water! Classes generally run 45-50 minutes which includes a warm up and cool down. Let's get ready to sweat!

Circuit Saturdays!

A cardio and strength based class where participants move through a series of different exercise stations, performing each exercise for a set time before moving on to the next station. Group breaks will occur after each full circuit or you may take breaks as needed.

Challenge your body and build strength and endurance with moves such as lunges, step ups, bicep curls, sit ups, slam balls and more. Bring some water and kick start your weekend!

Core & Stretch

A class that blends breathing technique, deep core activation, and mobility training to improve core stability and flexibility. Suitable for men and women.

Each class will start with breath work, moving into a mixture of Pilates and strength based core moves, and ends with a full body stretch. This class involves the use of a mat and often a Pilates ball, foam roller, blocks, massage balls and more.

~30 mins After a long week, your body deserves this!

Peaches & Steam Conditioning

Get ready to turn up the heat and fire up those peach muscles! Peaches & Steam Conditioning is a total-body blast designed to sculpt, sweat, and strengthen—especially that juicy glute zone. This class blends heart-pumping cardio with powerful strength moves, delivering a spicy conditioning session that's as fun as it is fierce.

Whether you're a fresh-picked beginner or a seasoned fitness peach, all levels are welcome. This isn't just a workout—it's a vibe. Together, we lift, lunge, and laugh our way through booty-boosting circuits and full-body conditioning drills that will leave you glowing and growing.

More than a workout, Peaches & Steam is a community—where unity, support, and self-confidence blossom. Bring your energy, bring your friends, and let's build some serious peach power.

Come for the sweat, stay for the squad.

Strength

A fitness class focused on building and maintaining muscle and increasing strength through resistance training. This class will utilize various equipment like dumbbells, resistance bands, gym mats, and balls, as well as bodyweight exercises. Classes will often involve exercises like squats, lunges, presses, and rows, and can be tailored to different fitness levels. Each class will focus on either the upper or lower body and end with an optional core finisher. On Mondays we will focus on the muscles of the upper body: arms, chest, back, & core. On Wednesdays we will focus on the muscles of the lower body: legs, glutes, back & core. Bring some water!

Group Fitness Class Descriptions

Strong Nation

A high intensity workout in 50 minutes. Strong Nation combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

Sunday Stretch & Reset

This 45-minute slow-paced, yoga inspired class focuses on deep stretches designed to target tight muscles and release stored tension. By holding poses longer, we allow the connective tissues to soften and the nervous system to downshift into a state of recovery. Each session concludes with a brief, grounding meditation to clear mental clutter and invite a sense of calm which will leave you feeling refreshed and ready for the week ahead.

TABATA

This is a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

Uplift and Unwind

This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

WERQ

WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music. This nonstop, high-energy class has repetitive athletic moves and fresh dance steps to give you the best sweat. Our heart pumping WERQouts are designed for everyone. This isn't just about burning calories...it's about showing up and having fun!

Zumba® / Aqua Zumba®

Zumba - A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Aqua Zumba - Takes place in the pool over the summer as weather permits and will move indoors when the weather does not!

Zumba Toning

This high-energy class combines cardio dance with light resistance training using Zumba® toning sticks or small dumbbells. Participants work on strengthening and defining key muscle groups like the arms, core, and legs while enjoying a fun, full-body workout. The added resistance also helps improve coordination, rhythm, and balance. While still upbeat and engaging, the pace is slightly more controlled than a traditional Zumba® class, making it suitable for a variety of fitness levels.