BODY SCULPT: A class designed to incorporate complete muscle conditioning from head to toe- no muscle gets left out

UPPER BODY CONDITIONING: Chest, back, biceps, triceps and shoulders. We will be targeting all those muscles that keep us up tall and strong on a daily basis.

B.T.A: Butt, thighs and abs—no explanation needed here. Get ready to work your calorie burners to the next level.

CARDIO FIT AND ABS: Burning those extra calories with cardiovascular exercise and working our core to the max to help build strength, balance and endurance.

BOOTCAMP: Are you ready to challenge yourself through circuits of muscle conditioning and cardio? Your body is worked from head to toe—no rest for the wicked in this workout.

ZUMBA FITNESS: The party never ends in this class. Come join us for an invigorating, nonstop, cardio pumping, latin infused aerobic dance party.

YOGA: A series of postures focused on lengthening, toning and stretching the body

FIT STEP AND SCULPT: We use the step platform to incorporate both cardiovascular and muscle conditioning in this workout. Step your way to the top as you get long, lean and toned

FIT MIX: We mix it all up in this class- from step, to high/low, to body conditioning. Here's a class that will keep your muscles asking!

YOUTH FIT CLASS: Geared for 12-14 year old male young athletes! Developing core strength, flexibility and agility to enhance their sports training! Fundamentals of weight conditioning and cardiovascular training principles will be applied.

ADVANCED CLASS: This class is designed for our experienced clients who are ready to take their training to a whole new level. More intense cardio, weight conditioning, core and balance. Get ready to work it! Please note for safety precautions, clients booked will be pre-screened.