

Butts & Balls

Work a sweat up in this challenging zero impact class. This class combines strength, endurance and core conditioning using weights, bender and stability balls

Cardio Drumfit

Bring on the BEAT, bring on the CARDIO! Whole body fitness with simple drumming.
No experience necessary.

In Shape (The 50+ Group)

Build bone and muscle, increase cardiovascular ability and improve balance and flexibility, all the while meeting new friends and having fun!

Insanity

Using a method called Max Interval Training, you'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest.

Interval Workout

Get your heart pumping, push yourself! This interval/tabata based workout uses resistance training and cardio training in the same workout. Working your body like this, you increase your metabolism, which leads to increased fat burning long after the workout.

Mid-day Cardio Boost

Get moving and get your heart rate up with a combination of cardio and strength movements.

Sihanathang Martial Arts**

Classes in Kickboxing and for the more advanced students Muay Thai. This program is designed to improve aerobic fitness and strength while becoming proficient in the art of kickboxing.

Spoga

Jump on the bike for a calorie burn, then stretch and strengthen your core and relax into yoga bliss

Spin

This class will develop your cardiovascular strength and endurance like no other workout. Your instructor will lead you through different styles of rides with motivational music and class instruction.

Spin & Core

This class starts with a 20-minute ride on the spin bikes and finishes with a great core workout on the mats.

Step

Get your heart pumping and tone your muscles with a combination of step moves and muscle strengthening stretches combined with weight training exercises

Total Toning

Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging muscle-toning workout. This workout features a creative combination of strength training and stretching.

Wisdom in Motion**

This specialized, inspiring class is designed for mature women who are seeking a gentler, more customized form of movement that honours their sensuality, their strength and their varied levels of ability without sacrificing the fun factor or the fabulous workout. Expect cultural dance and fitness inspired moves as well as chair enhanced yoga and strength training. You will leave feeling more balanced, more flexible, energized and stronger to the core!

Yoga

Yoga helps to gain balance and flexibility. You will notice an increase of stamina and endurance after performing this type of Yoga

Yoga and Pilates on the Ball**

Using the large exercise balls, this class incorporates Pilates and strength moves for the first half hour, followed by Yoga and stretching for the second half.

Zumba

The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you have a Zumba® class!

** Registered Class. Please see Front Desk.