BARRE: A hybrid workout class combining ballet-inspired moves with elements of Pilates, Dance, Yoga, and strength training. Also focuses on high reps of small range movements to give you an effective and fun workout!

BOOTCAMP: Want to get toned? Want to burn calories? This military-inspired circuit-training class utilizes your own bodyweight and the bare minimum of equipment. Jumping jacks, jogging, push-ups, squats, and lunges will increase your fitness level, tone your muscles, and burn calories using short high-intensity intervals with short rest.

KICKBOXING: This non-contact workout will get your heart pumping by using self-defense-based moves such as punches, blocks, and of course, kicks! You’ll get a total body toning workout as the techniques focus on your core, arms, and legs. Bring a water bottle and a towel and come prepared to sweat!

CYCLING: A great low-impact workout with the sprints, climbs, and jumps you know and love. Work at your own intensity level - no experience is necessary for this class.

STEP: Enjoy this fun classic workout using high low rhythms, progressive routines, and steps and risers to get a great burn to the beat!

TUMBLING: Get on the mats and dive into the basics of body weight exercises and calisthenics. These movements will build on each other and progress to fun, gymnastics-inspired techniques!

WEIGHT TRAINING: Learn the basics of weight training to build confidence in the gym. This class will demonstrate proper form, technique, and principles used with resistance training. These classes are tailored to beginner level students.

LATIN DANCE: Come learn and move to types of Ballroom and Folk dance originating in Latin America. This class is fun, energetic, and caters to all fitness levels!

PILATES: A versatile, full-body workout that improves flexibility, posture, stamina, and strength. Emphasis on abdominal and back strength, spinal alignment and breathing techniques to improve the mind-body connection to help balance and coordinate.

PITT HIIT: Work, rest repeat. Want amazing fitness results in the shortest time period? This class is designed to improve cardiovascular endurance by challenging you to reach your peak heart rate through several rounds of intense cardiovascular training followed by a short period of rest. If you’re looking to improve your overall agility, cardio endurance, and/or strength - this class is for you!

VINYASA YOGA: “Vinyasa” - to integrate movement with the breath. This invigorating practice includes sun salutations, standing poses, backbends, forward bends, twists, and inversions. Practice poses and sequences using alignment techniques to gain confidence, strength, and flexibility. This class is for yogis of all levels.

YOGA: This class is intended to promote health, alleviate stress, improve skeletal alignment, and increase muscular strength and flexibility. Learn the fundamentals of yoga through various poses & sequences, relaxation techniques, proper breathing, meditation, and concentration. Expect to gain confidence, strength, and flexibility. This class is for yogis of all levels.

ZUMBA®: Spice it up! This easy-to-follow, Latin-inspired, calorie-burning dance party is a fun way to get moving. Whether you’ve got rhythm or are looking to find some, Zumba® caters to every fitness level.