

Aquatic Bootcamp: NEW program that will work every part of your body. This is a mix of the following: swimming, Hit, boot camp, tabata, and so much more.

Barre Fusion: Barre Fusion uses the principals of Cardio Barre without using the barre. See Cardio Barre below.

BODY PUMP™: The original barbell class that strengthens your entire body. This workout entails exercises that work a specific muscle group such as squats, chest press, clean and press, bicep curls, and much more! Great music, awesome instructors, and your choice of weight inspire you to achieve the results and goals you came for! Intermediate-Advanced
*Express format is 45 minutes and full Body Pump is 1 hour long

Bootcamp/HIIT: This intense class consists of power moves, sprints, jumping jacks, jump rope, lunges, strength training, abs, and more! Intermediate-Advanced

Cardio Barre: Want a total body burn? Look no further! Cardio Barre is a unique, high energy class that combines barre work, cardio intervals, and weights designed to help increase cardio strength and to tone, sculpt and lengthen your muscles from head to toe Intermediate-Advanced

Cardio & Strength: This class believes variety is the spice of fitness so we incorporate cardio and strength training into each class using a variety of different methods. This class is designed and modifiable for a variety of fitness levels.

Cycling: Stationary biking class that combines different elements of speed, strength, and endurance. And great music and rhythm in every class! Bring a water bottle and padded shorts are suggested but not required. All skill levels are welcome!

Delay The Disease: This class is a life-changing fitness and mobility workout designed for people with Parkinson's Disease. Led by certified Ohio Health Delay the Disease instructors, the program improve physical, mental, and emotional realities of PD patients.

Full Body Workout: A 30 minute fast paced full body workout class that combines strength and cardio. Perfect combination for a great workout! All skill levels are welcome!

HIGH Fitness: Combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This results in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more. All skill levels are welcome!

HIIT: High intensity, *low impact* 30m workout that incorporates bands, light weights and ab exercises that allows you to workout at your own pace.

POUND@: is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and improving your health and rocking out!

Power Fusion: An awesome workout that mixes yoga, Pilates, core, and Barre- inspired exercises that tone and shape your entire body. This class uses balls, gliding discs, light weights, and resistance bands to challenge the body and get results. Improving your balance, flexibility, and upper and lower body strength while building a stronger core makes this class a LIIT- low intensity interval training. All levels are welcome.

Senior Fitness: Designed for active older adults, this class is a great way to make exercise a part of your life. This workout consists of various exercises to help maintain strength and range of motion.

SHiNE™: is a dance fitness class rooted in traditional. Targeted results are to Improve muscle endurance, elongate muscles and toning, confidence booster, and increase happy endorphins. The class is for all ages and abilities.

Silver Sneakers: Have fun and move to the music though a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubes, small balls, and a chair are used for seated and/or standing support. This class is designed for seniors and active older adults. All skill levels are welcome!

Spin-trevals: Enjoy 30 minutes of fast paced cardio workout on the spin bike

Spin Fit: Combo class that starts with cycling and ends with strengthening exercises that target all major muscle groups. This mixture of cardio and strength is the perfect combination for a great workout!

Strength Express: Enjoy an express workout focused on strength based exercises targeting different muscles groups throughout the body.

Tabata Fusion: This high intensity anaerobic workout will help you burn a lot of calories and get your heart rate up! This class is 30 minutes long and will keep you moving the whole time.

All Levels Vinyasa Yoga: All levels flow class embodies the true spirit of vinyasa yoga, breath synchronized movement set to music. Class will be taught at a slower pace, with postures held for a longer time as focus is on proper alignment.

Vin Yin Yoga: Enjoy a balance of movement and stillness as practice incorporates a warming flow and holding poses to reach the deeper layers of the body leaving you feeling peaceful and balanced.

Vinyasa Flow- offers unique sequencing of sun salutations, balancing postures, inversion and back bending - linking the movement of the body with the power of the breath. This class is taught with music and is available to all, with modifications and variations of the poses. The practice builds strength, improves flexibility, challenges balance and calms your mind by focusing on the present moment and breath.

Yoga Basics: Focus on movements to help strengthen the body and improve balance, flexibility, and coordination. Class incorporates chair and mat work for beginner level. A great option to ease into exercise or help with injury recovery.

Warrior Workout: This high intensity fun filled combination boot camp class pushes you out of your comfort zone. This workout has a lot of variety every week including weights and/or cardio.

Water Aerobics: This full-body workout is a combination of cardio endurance, muscle conditioning, and interval training. You do not need to put your head under water, but your hair may get wet. Great low impact workout! Ages 14 and up

W.O.W- Women on Weights: New to strength training? Learn proper technique and gain an understanding of basic strength training routine to prepare for independent workout. Class runs for 8 weeks from when you begin.

ZUMBA™: Try one of the hottest classes in the fitness industry! This workout has been dubbed 'exercise in disguise' because it incorporates dancing to the beats of Latin-inspired music such as Salsa, Merengue, Cumbia, and Reggaton. Come try it out for fun and effective workout! All skill levels welcome!

ZUMBA GOLD: This class introduces easy-to-follow Zumba®choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.