

Abs Cycle Blast

Bobby

Effectively focus on abdominal work using metabolic resistance training and strengthening to improve your core. Throughout class find yourself rotating on spin bikes to increase heart rate and benefit from cardio intervals.

Barre

Sofia/Irma

Pilates and Ballet moves give you beautiful, sculpted, long, lean muscles to improve posture, alignment and tone. Using your body weight for resistance, this class will challenge your core, stability and balance

Bottoms Up, Abs Out!

Luana

Enhance your "show" muscles the proper way. Focus on lower body and core moves to target your booty and midsection!

Cardio Blast

Bobby

High-calorie burning class, using spin bikes, light weights, and infusing plyometrics. Burn fat and build muscle in this ultimate burner of a class!

Deep House Hatha

Dan

Deep house mixed for an UNBROKEN music experience. Find your flow with this fluid, medium level intensity class. Designed to build heat so that you can enjoy an extended cool down with long restorative poses.

Energizing Flow

Maiara

A dynamic practice linking breath and movement. Introduction of basic principles on yoga philosophy. Connect with inner peace, setting the tone for the week.

Happy Back Yoga

Lauren

Perfect class for anyone who has chronic back pain or an outstanding injury. This class will safely stretch what is tight, strengthen what is weak and allow your body to perform everyday activities with more ease and less tension.

The H.I.I.T. Box

Jay + Luana

Show us what you got! High Intensity Interval Training focusing on heart rate and your WILL to not stop. Cardiovascular, strength, and endurance is all enhanced using punching bags, barbells, kettlebells, and your own body weight. Designed for all levels, expect positive intensity!!

Pilates Reformer

Taylor / Jessica

Mind Body - Core Strength - Core Stability Rhythmic, flowing sets of movements. Increase strength, flexibility and stamina while improving alignment, balance, toning.

Pound

Luana

Cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

Power Fit

Mitch

Power & Functional movements using TRX, Kettlebells, Sandbags, Core Momentum Trainers, and more. Aim to increase and improve your overall strength and conditioning.

Spin

Jessie/Kiele

High intensity cycling workout to build endurance, stamina and your lower body. Pace yourself or let our instructors take you to new levels.

Sunset Yoga Meditation

Katy

Rejuvenate body and mind on the Turtle Bay shoreline. Listen to waves, feel the ocean breeze, and watch palms sway as tension melts away. Rain or shine. Meet at Fitness Center.

Tahitian Fitness

Siona

Beautiful yet challenging Tahitian inspired dance. A cultural fitness experience that will surely be memorable.

TRX

Luana/Mitch

Make your body a machine with our TRX suspension training straps. No weights just your body to strengthen muscles, core and balance. This class will give you an effective total body workout. All levels.

TrxRide

Jessie/Francie

Get the best of both!! Spin and Trx in one. Half the class you focus on cardio conditioning/half the class you focus on total body strength with emphasis on your core using the Trx straps.

Vinyasa Flow

Katy

Linking breath to movement. Purposeful posture with intention to prepare you for the next pose. Get out of your mind and into your body.

Yoga Sculpt

Chieko/Jody

Designed to tone and sculpt every major muscle group. Fitness principles compliment yoga practice while boosting metabolism and pushing strength and flexibility.

Zumba

Siona / Luana

Everybody and every-body! Upbeat positive energy mixing low and high intensity dance moves and exercises. It's a fun, effective calorie burning fitness dance party!

Zumba + Pound Mashup

Luana

Ditch the workout, join the party when Zumba fitness meets Pound fitness! Sweat! Sculpt! Rock! A Pilates based total body conditioning workout inspired by drummers.