

West Class Descriptions

Ab & Glute Camp

This class is an intensive workout focused exclusively on the abdominal and gluteal muscles. Targeted exercises are aimed at shaping, toning, and strengthening the glutes and abs. Workouts will include a mix of squats, lunges, glute bridges, crunches and planks to improve core

Body Sculpt

Define, Tone, Lean, Cut Up. This class will do it all. A weighted workout utilizing weights and bands to define your muscles.

Bootcamp

The ultimate workout for weight loss and building strength. This class will challenge your body with intervals of high-intensity exercise and short periods of rest. Little to no equipment is required.

Cardio Fuse

Cardio Fuse blends elements of aerobics, kickboxing, plyometrics, resistance training, and core work for a full body workout. The music will push you to new limits in Fuse!

High Yo

Yoga inspired, music driven stretching. This lighthearted format incorporates stretching, strength and balance to improve overall health, and show what a difference stretching can make in our lives and for our bodies. High Yo was created to leave you feeling amazing, help you appreciate and take care of your body, help prevent injuries, and maintain overall good health.

Kettlebell

Define, Tone, Lean, Cut Up. An hour workout utilizing kettlebells.

Kettlebell HIIT

This class involves dynamic exercises using kettlebells, combining strength and cardio elements. Participants perform intervals of intense exercises with short rest periods, promoting calorie burn, cardiovascular fitness, and overall strength. Movements often include kettlebell swings, squats, lunges, and more, creating an efficient and challenging workout

Total Body HIIT

High impact plyometrics that focuses on sport conditioning. Intermediate to advance fitness levels.

Yoga

We combine breathe work and stretching into a challenging workout that promotes flexibility, strength and balance.

Zumba

Zumba is fun, different, easy and its effective. It is a latin-inspired class that combines Latin and International music and dance movements.

Aqua Schedules

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00am-10:00am

Mary

Mary

Mary

Club Hours

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday-Sunday 6am-8pm