Sunrise Yoga Join us for our Sunrise Yoga classes to awaken your senses and begin your day with an invigorating and energizing 50 minute class. A flowing series of dynamic postures designed to physically and mentally awaken your body and mind will give you a powerful start to your day.

Turbo Kick™ Have a blast in this action-filled cardio kickboxing, Beachbody LIVE class! Turbo Kick will lead you through fierce kickboxing combos and fat-scorching strength and cardio moves that will leave you feeling unstoppable!

Vinyasa Yoga Vinyasa is a breath-initiated practice that connects every action of our life with the intention of moving towards what is most important to us. This flow provides cardiovascular and strength components while offering a strong mind-body connection.

Aqua Fitness This invigorating class is held in the leisure pool and works to improve your cardio conditioning, muscular strength and endurance. You’ll use the buoyancy and resistance of the water, providing a safe, effective and fun workout.