

FOREVER FIT CLASS DESCRIPTIONS

Most classes run 60 minutes, beginning with an 8- to 10-minute warm-up and concluding with a cool down, abdominal workout and relaxation stretch.
*(AL) denotes ALL LEVELS, while (2, 3) denotes INTERMEDIATE to ADVANCED LEVELS

ABSolution: Strength starts at your core. Amp up your core strength, balance and posture in a focused workout featuring the latest abdominal and lower back exercises. (AL)

ANY STAGE/ANY AGE: The perfect class for beginning exercisers! Combine low-impact aerobics, light weight training and gentle yoga to ease yourself back into shape! (AL)

BARRE: Ballet-inspired fitness that will tone and shape muscles, increase flexibility and burn calories. Each class concludes with Pilates-style core work and stretches to elongate muscles and create long, lean lines. (AL)

BARRE FIT: Think ballet body as you re-shape your body, nipping everything in and lifting everything up! Anyone, regardless of age, weight or fitness level can get results. Plie your way to a stronger, leaner body. (AL)

BOTTOMS UP: Use free weights, body bars and more to slim your hips, tighten your thighs and get your glutes jiggle-free! It's an intense thirty minutes of targeted toning for your lower body! (AL)

CIRCUIT CONDITIONING: Timed circuits of individual strength, cardio, agility and core stations to improve your overall fitness and body composition. Have fun and work hard! (2, 3)

CUT TO THE CORE: Want sexy, sculpted shoulders, toned triceps and beautiful biceps? Then join us for an upper body workout you won't soon forget! Get ready to go out with your guns blazing! And you'll amp up your core strength with a series of abdominal exercises. (AL)

ECLECTIC YOGA: Come join the experience of an eclectic yoga practice utilizing a mixture of postures from various yoga traditions, props, individual modifications and breathing techniques. Journey along an interactive path of balancing body and mind, finding your inner strength and surrendering into bliss. (AL)

FUSION FITNESS: Take it up a notch with Fusion Fitness! Strengthen and tone your body from head to toe in this exclusive class that fuses yoga, weights, cardio and more! (AL)

GENTLE YOGA: Combine gentle postures and breathing techniques to enhance balance, increase mobility and reduce stress. This class is perfect for people new to Yoga, those recovering from injuries or anyone looking to relax, renew and rejuvenate! (AL)

GROUP TRX CLASS: Suspension training at its best! This empowering group strength workout will work your entire body and switch on your core like nothing you've ever encountered! (AL) *separate fee

HI-DEF INTERVALS: Make the most of your time in this high-energy, non-stop total body workout designed to make you sweat! Challenging cardio intervals combined with serious strength moves will leave you strong, sculpted and empowered! (2, 3)

H.I.I.T. (High Intensity Interval Training): A matchless full-body, fat-burning class to get your body and mind into the best shape ever. Combining functional conditioning with high-intensity cardio intervals that will transform your strength and overall level of fitness. (2, 3)

PILATES: In this head-to-toe workout, you'll challenge your core strength, dynamic balance and overall flexibility. (AL)

PURE STRENGTH: Bring the weight room into the group exercise studio! This strength training class uses a variety of equipment to sculpt your body, increase bone density and decrease body fat. No muscle gets neglected! (AL)

SPINNING: A high-intensity cardio workout that's non-impact, easy to follow and designed for all fitness levels. Come in for the ride of your life! (AL)

SPINTENSITY: Supercharge your Spinning workout with a ride that also incorporates light handweights for upper body and core movements, all on the bike! Be sure to bring an extra water bottle and towel! (2, 3)

SPIN & SCULPT: Combine the best of both worlds! Thirty minutes of high-intensity cardio followed by thirty minutes of upper body and core work. (AL)

STEP & SCULPT: An interval training class that mixes Step aerobics and strength training in one incredible workout. (AL)

TABATA: A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during the class and after! (AL)

YOGA & MINDFUL MEDITATION: A gentle yoga flow class followed by a meditation practice to cultivate calm awareness, inner strength and peace. (AL)

YOGA FLOW: A challenging Vinyasa Yoga class that detoxifies, heals and revitalizes your body. By focusing on breathing and postures, this energetic class will transform your body as you burn calories, build strength, increase flexibility and clear your mind. (AL)