



Land Classes

Aerobics: Experience the heart-pumping fusion of cardio and strength, where high-energy choreography meets body-sculpting intensity. You will be guided through an invigorating mix of dance, kickboxing, Pilates, and yoga, with options for all fitness levels. Bring a mat and be prepared to elevate your fitness!

Balance, Bend, Build (@ Chota & Kahite): Step into this chair-based class and discover a new level of mind-body harmony. This non-aerobic, zero-impact session is carefully constructed to enhance balance, flexibility, range of motion, and strength. You will be led through a series of exercises aimed at refining your stability and mobility while using a chair for seating and support. Please bring a set of hand weights.

Balance Flex & Stretch: Prepare to nurture your body, mind, and spirit with a choreographed routine set to calming music on the way to rejuvenation. This class is designed to start with a focus on balance & stability, then target all major muscle groups through a seamless blend of static and dynamic stretching - both moving through positions and holding them. Bring comfy clothes, water, and a mat, and unwind with us.

CCC - Cardio, Conditioning, and Core (@ WC & Kahite): Get ready to tone your muscles and melt that fat! This total-body fitness experience integrates elements of strength training, heart-pumping cardio, and core conditioning into each invigorating session. Bring a mat and water, and let's sculpt & sweat together!

Cardio Dance: Think you've got the moves? Maybe you have two left feet? Either way, this class promises to be a blast! We'll start with a warmup to get your blood flowing and then increase the intensity with each song as we groove through an array of genres, finally ending with a cooldown. Our instructors will provide infectious energy. You just bring comfortable clothing and water!

Cardio Pump n Core: Elevate your fitness routine with the ultimate fusion of fun and FUNCTION. Merge the joy of dance with the power of strength and core training - the perfect escape for those who find traditional strength training a chore! Exercises are cleverly disguised within the rhythm so while you're moving to the beat, your muscles are getting a major pump. Please bring comfortable clothes and water.

Fit & Tone (@ WC & Kahite): Not much for dancing but still want a class that blends cardio and strength training? We've got you covered! This class begins with a short bout of low-impact cardio. As the music fades, the tempo shifts to engaging those muscles with upper and lower body training. The weight work is a challenge you'll look forward to conquering! Please bring a mat, hand weights, and a will to improve!

Pilates Fusion: Awaken your body and spirit as traditional mat Pilates meets a blend of disciplines - barre, yoga, strength training, cardio, and dance. This modern twist retains its focus on the core but also emphasizes moves that will tone your muscles from head to toe. Seize the opportunity to challenge the conventional - but don't forget comfortable clothing, water, and a mat!

Pilates (@ Kahite): This class strengthens the core and improves balance/flexibility by focusing on the 6 basic Pilates Principles - Breath, Concentration, Control, Precision, Centering, and Flow. Engage with exercises that do more than just tone muscles, but also nurture movement. Leave the noise of your day and step onto the mat (or towel). Socks or bare feet are advised.

PilatesYoga (@ Kahite): This class is where strength meets serenity, a blend between the dynamic power of Pilates and the tranquil depths of yoga. Experience a true balance as you go from commanding your core seamlessly into Zen-like stretches. Bring a mat or towel, and comfortable clothing, and join the journey!

TRX: Redefine strength with our TRX suspension training class. This system leverages your body weight in a way that allows for the right intensity no matter your exercise experience. This class will fortify your body as we challenge both stability and strength. Please bring weights, a mat, a towel, and water.

Workout Walking: This is a low-impact, walk-to-get-fit class set to music. The concept is simple, but the companionship, fun, and accountability are invaluable. Bring water and be ready to have a great time!

ZUMBA ®: Unleash the rhythm within you in this internationally recognized dance fitness class. This dance party will be a blast regardless of your experience level. Turn up the tempo of your workout as each choreographed step leads to a healthier you. Please bring water and comfortable shoes to cut a rug!