

Aqua Cardio—Submerge yourself as you experience this high-energy aquatic routine that challenges the cardiovascular and muscular systems through a combination of aerobic and muscular toning exercises.

Aqua Fusion- A high level cardio class including Tabata, intervals, and strength training.

Balance and Stretch- This class focuses on strengthening the legs and core muscles, improving posture, and improving flexibility while integrating the sensory system. This class is a great way to improve balance and tone your body with the benefits of a non-impact workout. Come join us for this unique experience.

Body Sculpt—Sculpt is pure strength training that will reshape your body and functionally improve your quality of life.

Cardio Fusion—Combination of cardio and strength training exercises utilizing a variety of equipment.

Circuit Training- This class alternates bouts of cardio with six circuit stations that focus on muscle work. Each station lasts 45 seconds and some stations will keep the heart rate up and some will let it come down.

Foam Rolling— Learn about the benefits of foam rolling and its positive impact on muscle soreness, recovery, performance, injury prevention, and range of motion. This class is highly interactive and incorporates self-myofascial release techniques that target sore, overworked, and tight muscles.

Gentle Yoga-This is a slow floor practice with a strong emphasis on alignment and incorporates restorative postures. No experience necessary. Beginners and experienced practitioners will benefit.

Get Strong—This versatile class uses weights, kettlebells, balls and bands to build muscle and overall strength.

Golf Fit- Want to improve your golf swing? Take this class to improve flexibility and develop core stability.

Kettlebells and Core- Learn how to safely and effectively master the basics of using a kettlebell. Our qualified instructor teaches proper form, engaging the correct muscles and ensuring a whole-body workout. This class is a great way to gain dynamic strength and cardio in one class.

Pilates—A relaxing yet invigorating mat workout that strengthens and stretches every muscle in the core (other muscles too)! 45-minute class.

Pilates w/Equipment—Providing the foundations of Pilates principals with the use of weights, fitness balls, and Pilates circles to emphasize overall conditioning and focusing on core strength. 45-minute class.

Restorative Yoga- Restorative yoga will calm and reset your entire body and mind. The poses are held for longer time periods which allow the nervous system to transition and release stress and tension. We center of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for a deeper slower practice. Using props assist in helping you to hold poses longer which allow for deeper states of relaxation. Think reboot for your body and mind!

Slow Flow Yoga- This is a gentle yoga class which incorporates standing, balance and seated poses. We work on gaining strength and growing in our flexibility. We move through the practice slowly and deeply sinking our movements to our breath. This allows for a deeply relaxing and restorative experience. All levels are welcome.

Spin- An aerobic exercise class that is appropriate for all fitness levels as intensity can be controlled by the individual participant. Clip-in cycling shoes are optional; but bring your water bottle!

Strength and Conditioning—Strength and Conditioning is an exercise program involving strengthening exercises-exercises that have been shown to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility.

Strength Training—this class is appropriate for participants of varying degrees of ability. All exercises can be modified. Participants can expect a mixture of cardio and strength training exercises in an up-tempo atmosphere.

Sunrise Meditation—A soothing transition from early morning drowsiness to calm, clear wakefulness with a guided journey that will help you find and awaken your body and greet the new day. For all levels and all ages.

Sunrise Yoga—Transition from early morning drowsiness to a calm, clear wakefulness with a series of yoga movements that will help you stretch into your full presence and greet the new day. For all levels and all ages.

Tai Chi- Meditation in Motion; a graceful form of exercise, stretching and deep breathing, making perfect for stress reduction.

Yoga- This is an energetic alignment-based physical practice. As a class we move forward to refine the peace within. The practice works towards inversions and emphasizes dynamic stillness. Modifications are always given, and a three month steady practice prior to attending is recommended.

Yoga/Pilates Fusion—what could be better? A blend of yoga and Pilates into one seamless class!

Water Zumba- Get your Latin Dance party on right here in the water!

Zumba – This is a cardiovascular dance exercise workout based on Latin and World rhythms. Zumba blends low and high intensity moves for an interval-style calorie-burning dance fitness party. Suitable for all fitness levels, it's exercise in disguise!

SPA INFORMATION

Spa Hours

Monday – Saturday 9am to 8pm
Sunday 9am to 6pm

Indoor Pool & Fitness Hours

Monday to Friday 5am to 9pm
Saturday and Sunday 6am to 9pm

Outdoor Pool Hours

Family pool 9am-9pm
Tranquility Pool closed Sept. 5th