**Body Blast**

High intensity circuit training is designed to increase your cardiovascular system while also burning fat.

**Cardio Kickboxing**

Constant movement will strengthen and tone your muscles while blasting your cardiovascular system. Bring your inner Chuck Norris to this class.

**Spin**

This stationary cycle workout is designed to simulate outdoor biking while improve aerobics and muscle endurance.

**30 Minute Abs**

Intense abdominal training that will put you on the path to that six pack you always wanted.

**Tai Chi**

Cardio, flexibility, core strength all wrapped up in one class plus spinal hygiene. What future chiropractic student couldn’t benefit from improving their physical condition and endurance? Come start today!!

**Sport Yoga**

Incorporates stretching, increasing strength, mobility & balance and improves recovery time.

**Life Fit**

Life Fit is a short duration, high intensity workout that will help you burn fat, get lean, build muscle, increase endurance, and improve your overall health.

**Pilates**

Strength, flexibility, and coordination are the benefits your body will reap from this workout style. Build your core.

**Zumba**

The Zumba program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to want to work out, love to work out, and get hooked. Get your Zumba on now!

**Yoga**

Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. It blends balance, strength, flexibility, and power in a fitness format delivered in a practical user-friendly style.