



# CARDIO / STRENGTH

## PILLAR PEAK STRENGTH

Step into the space where strength meets purpose. Feel the power of movement and the satisfaction of real change. With expert Trainer guidance, you'll build muscle, refine technique, and train with intention. We start with a dynamic warm-up, then flow into targeted resistance training with barbells, weight plates, and bodyweight exercises to sculpt your strength. Finish strong with a core challenge and guided cooldown. Open to all fitness levels, your next level starts here.

## CORE CHARGE

This high-energy, interval-style class fuses heart-pumping cardio bursts with focused, non-impact core moves for a total-body strength and endurance boost. We kick things off with a guided mobility warm-up to get you warm, limber, and ready to crush it. Then it's on to strategically timed intervals that alternate between sweaty cardio blasts and sculpting core circuits. Led by a dynamic trainer in a motivating, team-driven atmosphere, this class challenges your abs, obliques, lower back, and glutes... all while offering smart modifications for every fitness level. Come ready to sweat, strengthen, and feel unstoppable.

## BODY SHOP

Lock in your form and power up your muscles in this high-energy class! We mix precision technique with strength-building moves and a splash of cardio to keep your whole body fired up. Get ready to sweat, tone, and own your workout!

## BODY SCULPT

Sculpt and tone every major muscle group with this dynamic workout! Combining resistance training, bodyweight moves, and core work, it challenges you throughout and finishes with a refreshing cool-down stretch.

## CYCLE

This all-levels cycling class combines classic high-intensity training with a focus on technique, intervals, and cadence drills. Build strength, power, and endurance in a fun, supportive, and energizing atmosphere.

# YOGA

## SLOW FLOW SUNDAY

A soothing practice designed to rejuvenate your body and calm your mind. Through slow, mindful movements and deeply supported poses, you'll release tension, breathe into peace, and nurture your whole being. This is your sacred time to slow down, soften, and reconnect with yourself in a welcoming, loving space. All levels are warmly invited to join and experience true rest and renewal.

## VINYASSA YIN FUSION

This balanced class combines the strength and fluidity of Vinyasa flow with the deep, meditative stillness of Yin yoga. You'll move through dynamic, breath-driven sequences to build heat and focus, then transition into long-held floor poses that gently release tension and promote deep relaxation.

## CHAIR YOGA

This class guides you through standing, sitting, and gentle mat-inspired poses, all done safely from the comfort of your chair.

# ACTIVE 60+

## CARDIO MIX

A thoughtfully curated program designed for the active older adult, featuring low-impact, expertly guided workouts that prioritize body mechanics, balance, and alignment supporting longevity, confidence, and a vibrant quality of life in and out of the club

## GENTLE CARDIO YO

An gentle, energizing class combining low-impact cardio with simple standing yoga poses—optional light weights included for added strength and balance.

## SIT & BE FIT

A low-impact, chair-based strength and mobility class designed to enhance muscular endurance, joint stability, and total-body wellness—all from the comfort of a seated position. Perfect for those seeking a safe, effective workout with an emphasis on form, control, and elevated wellness.

# DANCE

## ZUMBA

Get ready to dance, sweat, and smile! This high-energy class blends Latin rhythms with easy-to-follow moves for a fun, full-body workout. No experience needed, just bring your energy!

## ZUMBA TONING

An energizing class that combines Latin rhythms and 1-2.5lb weighted maraca toning sticks. This low impact high energy class will help build cardio strength while building your muscles. Whether you're new to fitness or a Zumba fan this class is suitable for all fitness levels.

# PILATES / MOBILITY

## BEGINNER PILATES

New to Pilates or looking to strengthen your foundation? This beginner-friendly mat class introduces the core principles of Pilates: breath, alignment, and controlled movement through gentle yet effective exercises. You'll build core strength, improve posture, and increase flexibility, all while learning how to move with greater awareness and precision. Whether you're just starting out or refining your technique, this class offers a comfortable place to grow.

## PILATES MAT

A full-body workout designed to build strength, flexibility, and balance using only your body weight and breath. This class emphasizes proper alignment, core stability, and mindful, flowing movements. Suitable for all fitness levels, Pilates Mat promotes graceful motion, improved posture, and a strong, resilient core.

## PILATES SCULPT

This energizing mat class combines traditional Pilates exercises with light hand weights to increase resistance and help tone your entire body. You'll strengthen muscles, build endurance, and improve posture, all while focusing on controlled, precise movements and breath. A great way to sculpt your core, arms, and legs while staying true to the principles of Pilates.

## BARRE

A blend of dance, Pilates, and Yoga to build strength, boost flexibility, and fire up your heart—all while having a blast at the barre!

## ROLL & RESTORE

Rejuvenate your body through this guided myofascial release class using tennis balls and foam rollers. Learn self-massage techniques that apply gentle, targeted pressure to increase blood flow, release tension, and ease joint and muscle pain by working the connective tissue surrounding your muscles. Perfect for all fitness levels, this class promotes deep relaxation, improved mobility, and faster recovery leaving you feeling refreshed and restored.

## BALANCE & MOBILITY

Balance and strength, mobile joints are the foundation for moving with confidence. This class focuses on improving range of motion while strengthening stabilizer muscles—from your feet and ankles to your deep core. You might even discover muscles you forgot you had! Walk away feeling more grounded, steady, and empowered with a new kind of unwavering strength. *\*standing & floor work*

## TAI-CHI

This beginner-friendly program teaches and practices a series of simple, slow, and rhythmic movements designed to improve balance, flexibility, and muscle strength—helping to reduce the risk of falls. Rooted in foundational Tai Chi principles, the class focuses on posture, balance, and introduces the Tai Chi walk.