

Wellness Offerings

Regular and Recurring Offerings

Land Classes:

- Get Fit (Beginner)
- Power Up (Advanced)
- Functionality and Mobility (Intermediate)
- Seated Strength (Beginner)
- Mind Muscle Motion (Advanced)
- Balance and Core (Intermediate)
- Chair Yoga (Beginner)

Water Classes

- Splash Fit (Advanced)
- Aquarobics (Intermediate)
- Aqua Barre (Beginner)
- Aqua HIIT (Advanced)

Exclusive Offerings:

Include but are not limited to:

- Physical Therapy Lectures on the 4th Monday of every month
- Weekly Healthy Snacks On-the-Go
- Smoothies To Go
- Specialty Classes (ex: Pilates, barre, drum fit, cardio push, core crusher)