***Boot Camp** This class is designed to burn calories and build endurance designed around FUN! Boot camp offers a mix of cardio and strength training intervals. Be prepared to sweat and be challenged! All levels welcome.

TaiChi (beginning) A gentle approach to exercise, emphasizing mind/body harmony, relaxation, centering and coordination. Traditional style helps develop effortless vitality and awareness through meditative movement.

Power Vinyasa (heated) Open your heart, body, and mind in this detoxifying, heated vinyasa flow. Work with strong, flow-based sequence and explore opportunities to practice more intermediate balances, backbends, and inversions.

Yoga (non-heated) Appropriate for first-timers and returning yogis alike, this class will focus on alignment and building a strong foundation, while creating movement with a smooth vinyasa flow. Build strength, find flexibility, and leave feeling blissfully relaxed!

Gentle Yoga Appropriate for all levels, this class focuses on building a strong foundation, finding flexibility, and learning how to calm the mind. Props may be used at times, such as blocks, straps, yoga balls, and bolsters. Come join us for a gentle, yet effective yoga workout!

Zumba Fitness Ditch the Workout! Join the Party! A dynamic, exciting and effective workout. Join the mission to get in shape the fun way! This Latin dance-based fitness craze is sweeping the country! Come see why people of all ages are falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits. Be prepared to sweat, move fast, and have Fun! All levels welcome!

Single Class	**$15.00**
10 Class Pass	**$125.00**
20 Class Pass	**$200.00**

SUMMER SPECIALS!

Purchase 10 Class Pass and get one free additional class!

Purchase 20 Class Pass and get two free additional classes!

Silver Pass = Unlimited Monthly Classes **$ 150.00**

Gold Pass = Unlimited Monthly Classes **$ 165.00**
+ Haircut or Month of Tanning

Platinum Pass = Unlimited Monthly Classes **$ 175.00**
+ Massage or Facial

Boot Camp = 10 week intensive, goal-oriented class **$299.00 (2x/week)**
(Boot Camp NOT included in punch card program)

$ 399.00 (3x/week)

SUMMER SPECIALS!

$10 off Silver, Gold, or Platinum Pass!!

Boot Camp: $250.00
(Two days per week for 10 weeks)