

Atomic Core – Metabolic movements aimed to rev up metabolism and help burn away belly fat combined with standard core movements to strengthen the midsection!

Body Sculpt – A strengthening workout that focuses equal time on upper body, lower body and abdominal work using free weights, resistance bands, etc. to tone the entire body!

Boot Camp – A Military-style class designed to build strength and fitness through a variety of intense group intervals and basic calisthenics!

BOSU – An effective muscle-building, balance and cardio workout focused on using the BOSU ball!

Cardio Chisel – A total body workout combining strength and cardiovascular training to burn fat and build muscle!

Flexibility Training – Stretch & lengthen muscles in this 45-min class!

Group Power – Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

Kickbox / Total Ab – A full-body workout integrating cardio kickboxing with core strengthening moves!

Kickbox Sculpt – A full-body workout integrating cardio kickboxing and strength training!

Lunch Crunch – A total body workout in only 30min – perfect for your lunch break!

Pilates – Core conditioning emphasizing abdominal strength, stabilization and posture!

Pilates for Posture – A lower level of our core conditioning Pilates class, suitable for all levels. This class is appropriate for those with arthritis and/or dealing with back discomfort.

Senior Fitness – A combination of low-impact exercises that help increase flexibility, restore muscular strength and improve posture. Free to Total Fitness members and open to the community for \$1 per class!

Spinning – The original Johnny G cycling program with adaptable resistance, allowing individuals of any fitness level to participate in this low-impact yet intense simulation of an outdoor bike ride!

Stretch & Strengthen – Basic core exercises followed by stretching to help improve overall flexibility as well as every day tightness.

Total Body Circuit – A high-energy, total body toning and cardio workout with great music and an upbeat vibe. This circuit-based class is designed to push you as an individual. Perfect for all fitness levels!

Vinyasa Yoga – Suitable for all levels. This class offers power and strength as well as limbering and posture all centered around breath and the mind/spirit connection. All poses allow for variations to suit the individual. This can be considered powerful & challenging or less intensive & flowing based on one's individual choice.