



LES MILLS BODYPUMP™ The ORIGINAL barbell class that strengthens & tones your entire body. This pre-choreographed workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lunges & curls. Get Results – Fast!

STRENGTH & CONDITIONING A class which combines the two best exercise formats: Cardio and Resistance Training. Reach maximum efforts as you take your mind & body to the next level!

BARRE FITNESS Barre is a one hour full body workout that fuses the best elements of ballet, pilates, sports conditioning & stretching for a truly unique & fun experience. One of the hottest fitness programs now available!

ZUMBA™ A fun, dance based, aerobic, easy to follow workout, all set to a variety of dance music. Movements are inspired by various styles of Latin American dance!

CARDIO DANCE A cardiovascular workout that keeps you moving while burning calories at the same time. Experience a variety of current dance styles that will strengthen your abs & tone your legs & hips!

XTREME HIP HOP A revamp of traditional stop aerobics. With routines set to old and new school hip hop, this class will make you to get up and move while getting a great calorie burn!

BODYPARTY FITNESS A dance based exercise program meant for all body types and levels of fitness. BodyParty Fitness is truly an experience that goes beyond an ordinary workout while changing your life forever!

SPIN A 45 minute indoor cycling class which strengthens & tones your legs while improving cardiovascular endurance. Totally fun, totally intense and a HUGE calorie burning!

LES MILLS BODYCOMBAT™ A high energy martial arts inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Bring your best fighter attitude!

SILVERSNEAKERS CIRCUIT® (Seniors) Combine fun with fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. A chair is offered for support, stretching, & relaxation exercises.

SILVERSNEAKERS CLASSIC® (Seniors) Have fun & move to the music through a variety of exercises designed to increase muscular strength & range of motion. A chair is used for seated and/or standing support.

***Be sure to reserve your space by using our APP (Club Life)
or log onto www.peakserve.com.***

******Classes are limited due to COVID-19******