Ab Attack: Attack the core from all angles! Strengthening our core is vital for everyday living. This class will help strengthen your abdominals, obliques, lower back, and even your glutes, offering you an all-around core workout!

Barre: Barre combines ballet inspired moves with elements of Pilates, dance, yoga, and strength training. It is a full body, muscle endurance workout.

Bootcamp: Want to be at your best this year? This revamped HIIT class is a total body strength training and cardiovascular workout. Each class will be a new workout with a different WRAC personal trainer to give you the most well-rounded fitness bootcamp experience.

Demon Strong: This total body strength class will give you just the right amount of challenge and intensity. This workout utilizes all forms of exercise such as HIIT, strength training, cardio, core, and plyometrics to give you an amazing functional workout!

Eccentrics: A completely original workout that draws on the flowing movements of Tai Chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles, and the healing principles of physiotherapy, which create a pain-free body.

Fit to the Core: A strength class that targets all muscle groups using bars, hand weights, stability balls and more. Get Fit to the Core in this sweat inducing, blast of a class!

HIIT: This class is a total body, aerobic, strength conditioning workout. This interval-based class combines full body strength training with cardio bursts.

Meditation: Through meditation you notice your body and mind more easily let go of daily stressors and challenges. You feel calmer. You can focus more clearly. You can be more creative. You feel more balanced and comfortable in your skin.

Pilates: Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs.

Pound: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, strength training with yoga and Pilates-inspired movements using lightly weighted drumsticks. Come pound your stress and anxiety away!

R.I.P.P.E.D.: Resistance, Intervals, Power, Plyometrics, Endurance. This class is a full body strength and cardio workout geared to help you get strong, lean muscles, and feel your best!
STEP STRENGTH: A classic cardio workout aimed to boost your heart rate and strengthen your muscles. Join us for a high intensity class combining cardio and strength using our step-up platform as our base for our exercises. All fitness levels welcome!

Total Body Burnout: An action-packed class incorporating resistance and bodyweight exercises to build up every muscle in your body!

TRX: Total Body Resistance Exercise. The TRX suspension trainers use your own body weight to give you the strength, cardio, and core workout that you have been looking for. All fitness levels welcome!

Yoga: This mind/body class utilizes basic Yoga movements to improve flexibility, posture, and balance while strengthening the core. This is a great class to relieve stress and relax the mind. All fitness levels welcome!

ZUMBA: A Latin inspired aerobic dance workout that won’t feel much like a workout. This upbeat class creates a fun atmosphere while losing weight, gaining flexibility and endurance. All fitness levels welcome! No prior dance experience needed.