

DANCE CLASSES

DANCE FIT

Burn up the dance floor with a new, choreographed dance every three weeks. Dances blend your favorite styles including hip hop, modern, and lyrical. Instructor Dana Cook breaks down the moves so they are simple and easy to follow.

FIT BARRE

Come experience this exciting fitness craze that is grueling and powerful with a bit of grace. Barre draws on ideas from ballet, pilates and yoga, and creates a muscular endurance class for all people. Thus, no dance experience is required. This class is a great workout combining standing exercises, core work and light weights. Be prepared to sculpt, define and burn into a new you.

WORLD DANCE

This dance-based class utilizes exceptional music and movement to create dances to each song. A great workout with lots of heart and freedom of expression.

ZUMBA

This class features exotic rhythms like salsa, merengue, cumbia and samba set to Latin and International beats. Before you know it you will see that your abs, arms and thighs are toned and your energy level is soaring. Zumba is easy to do, effective and totally exhilarating!