KICKBOXING
You will develop skills in self-defense and American Boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

AQUA FITNESS
In this weightless environment, you will improve muscular strength and endurance. The therapeutic effect of water exercise will leave you feeling rejuvenated and de-stressed. Excellent cardiovascular workout, easy on the joints and low impact. For all fitness levels.

BARRE NEW!
A mix of elements from Pilates, dance, yoga and functional training, with choreographed moves to motivating music.

BELLY DANCING
Learn basic bellydance steps and body isolations, along with full body strengthening exercises and folk dances from the Middle East. Gain an appreciation for this multicultural dance and its roots, and get fit doing it! All levels welcome.”

CLIMBFIT NEW!
Learn the fundamentals of rock climbing, build skills and fitness capacity to climb safer and more effective.

ZUMBA
A fusion of international and Latin music creates a dynamic, exciting, and effective fitness program. Appropriate for all fitness levels.

HIIT
With moderate to high intensity exercise, you will maximize your time using these intervals methods. We will use body weight exercises and other modes of resistance. Some exercise experience recommended.

KICKBOXING
You will develop skills in self-defense and American Boxing. Learn effective techniques in applying punches, kicks, knees, and elbows. For all fitness levels.

MIXXEDFIT
Mixxedfit is a people-inspired dance format that incorporates intense dance moves and easy to follow choreography as well as always having the freshest music. With moderate to high intensity exercise, you will maximize your time using these intervals methods. We will use body weight exercises and other modes of resistance. Some exercise experience recommended.

CIRCUIT TRAINING
Get into the best shape of your life with this strength-based interval training method. Meet upstairs at the SYNRGY CIRCUIT machine.

SPIN & TONE
A cardiovascular challenge followed by an off the bike strength training experience. Appropriate for all fitness levels.

TURBO KICK
Kickboxing meets Hip Hop! Kick, punch, and groove your way through this intense cardio workout. Some exercise experience recommended.

VIKING FIT
Learn progressive strength training methods with a focus on technique. You will finish each class with a moderate to high intensity conditioning workout using interval/circuit training principles. A competitive environment with a moderate level of physical conditioning necessary. An in-class registration is required.

WOMEN ON WEIGHTS
You will feel empowered by the knowledge and skills acquired during this class. You’ll learn your way around our Weight Room. We’ll teach you the most effective and safest methods of weight training.