

Fitness Class Descriptions

Fitness classes are available to resort guests, community members and WELL Spa members 16 and older.

(P) Aqua Water aerobics classes offer less impact on your joints. With the water creating natural resistance making every step more challenging and effective! This is one pool party you won't want to miss!

(S) Barre A total body workout that uses the ballet bar as well as floor work, to perform small isometric movements. Burn fat, sculpt muscles, and create long lean physique.

(O) Chair Yoga Yoga done to live music, drumming, or different genres of music to motivate the soul.

(S) Cycling/Abdominals This class offers 40 minutes of cycling combined with ten minutes of abdominal sculpt off the bike to deliver a shot of cardio and burn.

(S) Dance Movement Focusing on dance movement through various genres of dance. This class promises to invoke your inner zest through the art form of dance fitness.

(S) Dynamic Stretch This class is an excellent combination of cardio, flexibility, yoga, balance and strength. All set in a session of fluid movement.

(S) Empower A refreshing NEW wellness class that has fitness infused with directive mental wellness expressions and quests to leave you feeling empowered.

Indoor/Outdoor Pickleball A paddle sport that combines elements of badminton, tennis and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to whiffle ball, over a net. An incredibly fun fitness workout with friends!

(S) Meditation/Yoga A breathtaking combination of Yoga and meditation set in an extended class time of 75 minutes.

(S) Mix Up Cycling, weights, and a dash of abs toward the end. Challenging, fun and open to all levels.

(S) Pilates Flat abs is one highly prized result of this workout that will trim your waist and have you building long lean muscles.

(S) PLY-YO No weights, no jumping. This fat burning workout strengthens, lengthens and adds flexibility using our own body weight. Combining the strength of Pilates with the flexibility of yoga for a fat burning workout that delivers fast results.

(S) Pure Strength A scorcher! Weights, weights, and more weights.

(S) Rip A barbell workout for anyone looking to get lean, toned, and fit. Using light to mid -range weights with a lot of repetition. Very similar to body pump format.

(S) Sculpted A cardio class utilizing weights and great music! Sweat and shred for great results!

(S) Stinking Hot Yoga We're cranking up the heat and letting our talented instructors do their yoga thing. But hotter.

(S) Tabata & Flow This class is almost too much fun. An effective combination of kickboxing, balance work and flexibility. 25 minutes of cardio style kickboxing, 10 minutes of balance work, 20 minutes of yoga/flexibility.

(S) Tai Chi An internal Chinese martial art practice for a myriad of health benefits. This class refers to a philosophy of the forces of yin and yang related moves.

(S) Transform Unites yoga and sport like never before. Prepare for a unique mind body experience like never before.

(S) Yoga Movement Exploring how to get into poses with grace and ease. The importance of transition not just about the poses but about how to get into them.

(S) Yoga flow A fitness-based approach to vinyasa style flow. Focus on linking conscious breath with a vigorous mindful flow. Cleansing the body and calming the mind.

(S) Yogalates An effective combination of Pilates and Yoga.

(G) Zumba Perfect for everyone! Each Zumba class is designed to bring people together to sweat it out!

(G) Zumba Gold Active older adults who are looking for a modified Zumba class that recreates the original moves you love at lower intensity! Balance, range of motion and coordination.

(S) Studio Class (O) Outdoor Class
(P) Pool Class (G) Gym