

Cardio & Strength*

Body Conditioning/Boot Camp: Full-body workout including bursts of HIIT (High Intensity Interval Training), Tabata drills and guaranteed sweat!

Cardio & Core: Full-body workout includes cardio & strength Tabatas, HIIT intervals and a core finisher.

Cycle: Non-impact cardiovascular workout set to music. Designed for people of all ages and abilities. Our state of the art KEISER M3i cycles deliver more power to your pedaling. All levels.

Cycle Express: Fast track your workout with our 45-minute classes.

Cycle & Sculpt: 45 minutes Cycle followed by 15 minutes strength training, light weights, body weight and stretching off the bike (with the option to continue Cycle).

Dance Fusion: Join in the fun with this high energy cardio. Open to all levels.

FitXpress: Intervals of strength and cardio sure to boost your mood and energy for the day ahead! Weights, bands, balls, ropes, TRX and more may be used. Great option for those looking to get in and out and get it done!

MOSSA Cycle Together/Group Ride: Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

MOSSA Defend Together/Group Fight: A challenging, athletic, and motivating workout. This class offers a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. All levels welcome!

MOSSA Strength Train Together/Group Power: Dedicated barbell class! Blast all of your muscles with this high-rep weight training workout! Using an adjustable barbell, weight plates, and body weight, Strength Train Together uses traditional barbell movements with a unique integration of functional exercise, perfectly timed to dynamic music.

Strength & Sculpt: Full-body strength and core class using weights, bars, gliders, body-weight, etc. Finish with stretch and flexibility exercises.

Zumba: Ditch the workout, join the party! A dynamic and exciting class full of Latin and exotic music flavors.

Mind & Body*

Core Barre: A fusion of Pilates, elementary ballet, and yoga stretches that pushes you into your working zone. Using the barre, weights, and other props, this full-body workout promises to strengthen, lengthen, and tone you in all the right places!

Essentrics: Dynamically stretch and strengthen every muscle to reshape and re-balance the body. With no-impact, this workout will increase your mobility while keeping your joints healthy and pain free.

Pilates Barre: This class integrates elements of Pilates, dance, cardio & strength training at the Barre.

Pilates Core: Pilates, & challenging strength training to build a stronger Core.

Pilates Mat: Beginning with the fundamentals and moving through traditional Pilates exercises. Strengthen and tone your powerhouse while working on the mat.

Pilates Mix: Traditional to advanced mat work with additional props to mix it up. Benefits include toning, shaping, core strength, and overall flexibility.

Qigong: A restorative medical form that blends an ancient tradition with gentle, meditative movements. Sheng Zhen Healing Qigong is an integration of healing traditions, using the power of Nature to heal oneself.

Yoga - Hatha: Focus on physical poses (asanas), and breath to develop better body awareness, balance, strength with flexibility and become more sensitive to how energy moves through our body. All levels welcome.

Yoga - Kundalini: Works the entire nervous and glandular systems with a strengthening component for fitness, mental and spiritual health. A focus on awareness of breath will allow for deep relaxation.

Yoga - Meditation: Listen to your breath, go inside yourself and find that meditative state through gentle guidance.

Yoga - Stretch & Strengthen: Strengthening the physical body helps to improve core and joint stability and posture, stretching creates joint flexibility to prevent injuries and brings a deep sense of calm to the body. Using mindful breath awareness and alignment-based yoga postures, we will explore how the practice of yoga can bring the physical and subtle bodies into balance.

Yoga - Vinyasa: A faster paced class with the asanas (postures) linked together in a series of movements that are synchronized with the breath.

Yoga - Yoga For All: Move your mind and body through a series of asanas by combining breath and movement. All levels.