



Vibe Dance Series

Four classes of multi-dimensional dance including Latin, hip-hop and other great moves.

Fusion Mind Body Series

Six classes that focus on the integration of yoga and Pilates, with attention to breathing, form and balance.

Fit For Duty

Eight classes of high energy, full body workouts led by service members with expertise in fitness training.

Rev Cycling Series

Six classes that maximize calorie burn in a cardio driven, muscle endurance cycling workout. Dragon Fitness Center guests are welcome to move bikes from the cycling room for these classes.

TKO Kickboxing Series

Six classes that combine the various martial arts disciplines with intense cardio and you get TKO.

Stomp Step Series

Six classes of step aerobics in a total body, cardio-driven format.

Kinetics Series

Six classes of sport-style cardio interspersed with resistance training and muscle isolation.

