



GLASS HOUSE

DANCE CLASSES

AQUA

For a low-impact, full-body rejuvenation, enjoy an aqua session in our indoor heated pool. This workout is great for improving your cardiovascular health, and the resistance of the water strengthens and tones muscles.

DANCE

Dance offers a fun, high-energy workout for all abilities. Find your rhythm, work up a sweat and rekindle the joy of movement.