



AB ATTACK

This class is designed to give you a complete ab workout with cardio conditioning. You'll leave feeling like you have the ultimate 6 pack!



Kickboxing

This class is not only a workout but a way to learn basic martial arts. It is a great full-body workout that will increase your flexibility and skills.



Deep Stretching

Let your muscles relax. Join us for an active stretching class that will give you the relief of a lifetime.



Yoga

Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures and movements.



Pilates

Work on your flexibility, core strength, & endurance by performing movements that flow together in a graceful and efficient way



Rise & Grind

Start your day on the right track! This high-intensity workout will really kick up your morning routine with something new in every class!



Glute Lab

Looking for a quick and intense glute + leg work out? This class is designed to target your booty while getting full body cardio at the same time.



Werk

Dance your heart out to get a great workout! This class will make you forget you are even working out with fun choreography and music to get in a great cardio session!



Power Yoga

A fast-paced style of yoga that is focused on building strength and endurance.



Weight Lifting Basics

Learn Beginner weightlifting form and exercises with dumbbells



Hot Yoga

Yoga style that combines intensive and heart-pumping exercises and traditional yoga poses. This class helps you de-stress while improving your strength and flexibility



Meltdown

Come experience gentle stretching followed by a meditation practice that includes guided breathing, progressive body relaxation, and visual techniques to help you reduce stress and tension



It HIIT Different

Looking to burn some calories and work up a sweat? Cardio, strength training, high intensity; this full body class won't disappoint you



Spinergy

Come and get in your workout in a new exciting way. This cycling class got the beats to keep you pumped and put some energy in your spin routine. Come enjoy the music, benefits and the ride.



Soul Cycle

SoulCycle is a full body indoor cycling workout. We ride to the beat of the music and incorporate upper body exercises into our workout.



ZUMBA

A dance fitness class that combines Latin and international music with dance moves. Increase cardiovascular fitness.



Step It Up

Step up your fitness with this step class! With a good mixture of cardio and strength training, you will leave feeling good!