

CLASS DESCRIPTIONS

Abs- 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!

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.

Relaxing Yoga- Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures and movements. This class is great for a "reset".

Power Yoga- an effective and exciting "Mind" and "Body" workout. This class consists of movements linked together in a flowing series of poses that create strength, flexibility, endurance and balance.

Restore/Deep Stretching-an active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper back. This class is perfect for the athlete right after practice or a game!

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

Power Hour- Short on time but need a great workout? This workout will test your limits to achieve unparalleled results.

Rise & Grind - Looking for something new to start your day on the right track? This high intensity workout will really kick up your morning routine with something new in every class! Don't miss out on the opportunity to try all sorts of new equipment while challenging your mind and body.

Cycling- A great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

HIIT- This high intensity interval training class is for those looking to burn some calories and sweat it out! This full body, high intensity workout will not disappoint.

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!

Werk-cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

Zoomba-a dance class that combines Latin and international music with dance moves. Routines incorporate interval training, alternating fast and slow rhythms as you increase your cardiovascular fitness!

Barre- a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre focuses on high reps of small range movements

Guts and Buns-The perfect toning class for your abs and glutes! This class focuses on body weight training as well as strength training utilizing different types of equipment.