

Class	Descriptions
Core Blaster	<i>Core Blaster is a focused and intense 30-minute workout designed to strengthen and sculpt your entire core. Through a dynamic series of exercises targeting your abs, obliques, and lower back, this class will improve stability, posture, and overall functional strength</i>
Pilates	<i>This total body fitness class focuses on the core, back, and leg muscles with upper body strengthening for a workout that will boost metabolism, burn calories, stretch muscles and reduce injuries.</i>
Total Body Pump	<i>This strength training class designed to hit every muscle of the body. Be prepared to burn through the best 45-minutes of your day and get your PUMP on!</i>
Vinyasa Yoga	<i>Each class will start with an uplifting theme. Vinyasa-style classes flow from one posture or pose to the next following with one's breath. This class will focus on flowing through one or two postures before moving on to the next sequence.</i>
TRX, Ropes, & Med Balls	<i>Get ready for a full body, high intensity work out utilizing TRX, kettlebells, battle rope, and slam balls. This class is designed to improve endurance, power, strength and mobility. Join Matt and get your sweat on!</i>
BURNOUT Bootcamp	<i>Jump into this class if you're looking for a heart-rate kick exercise using a combination of TRX, kettlebells, battle ropes, and slam balls. On occasion, you may find yourself pushing to your max on a treadmill, as well! All ability levels are welcome!</i>
Cardio & Core Blast	<i>Join Alyssa for this 35-minute cardio & core blast! This class will target cardio health with heart rate elevating interval training. Each class will incorporate a core blast that is sure to make you feel the burn!</i>
Strength + Core & More	<i>Get ready for a total body strength training workout. A variety of equipment will be used that will target all your muscles, including core and balance challenges. Bring your water bottle!</i>
Yoga Sculpt	<i>This Vinyasa-style Yoga classes includes slow burn core, upper and lower body movements. The class ends with amazing hip stretches and final relaxation. All levels are welcome!</i>
HIIT Factory	<i>HIIT Factory delivers a focused and intense 45-minute high-intensity interval training experience. Expect a dynamic mix of challenging exercises with short recovery periods. Get ready to push your limits and leave feeling energized and accomplished.</i>
HIIT Express	<i>HIIT Express delivers a rapid and effective 35-minute high-intensity interval training workout. This class is designed for a full-body challenge in a condensed timeframe, utilizing short bursts of intense exercise followed by brief recovery periods. Perfect for those short on time but big on results.</i>
Active Recovery	<i>Active Recovery is a 35-minute class focused on gentle movement and restorative exercises to aid muscle recovery and reduce soreness. Through dynamic stretching & mobility work, this session helps improve circulation, flexibility, and prepares your body for your next workout.</i>