

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 30 or 45-minutes of your day and get your PUMP on with Matt & Robert!</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>
Sunrise Yoga	<i>Join Paula on the 15th floor Sky Deck for this vinyasa-style class as you flow from one posture or pose to the next following with your breath. This class will focus on flowing through one or two postures before moving on to the next sequence, with the morning sunrise as your backdrop!</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>
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! <u>Tuesday class is 30 mins, Wednesday class is 45 mins.</u></i>