

Class	Descriptions - September
Strength & Conditioning	<i>This class is designed to help build strength and endurance. Including circuit training, cardio exercise, body weight exercises, and finishes with core training and stretching for a complete workout.</i>
Pilates	<i>This class is designed to help build strength and endurance. Including circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.</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>
Cross-Training	<i>A challenging workout that is sure to get your blood flowing and muscles pumping using weights and various equipment. This class will keep you moving through circuits with minimal rest in between.</i>
Total Body Pump	<i>This class will move you through total body strength exercises to help improve activities of daily living by utilizing multiple muscle groups to perform compound movements. Beginners, Intermediate, and advanced are all welcome!</i>
TRX, Ropes, & Med Balls	<i>TRX, battle ropes, and med balls oh my! Get ready for a full body, high intensity work out utilizing these pieces of equipment. This class is designed to improve endurance, power, strength and mobility. Join coach Breanna and get your sweat on!</i>
Rooftop Wake Up	<i>Wake up and get your sweat on with us on the Sky Deck! Each week will be unique incorporating different pieces of equipment like dumbbells, resistance bands, and bodyweight exercises. *If raining, class will be held in the group studio space.</i>
Cardio & Core Blast	<i>This class will target cardio health by keeping the heart rate high and finishing up with a core blast that is sure to make you feel the burn!</i>