

# Class

# Descriptions: April

Strength Express

*Join us for a quick 30 minute strength express class that will get the blood flowing and the muscles pumping!*

Pilates

*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.*

Total Body Pump

*This strength training class designed to hit every muscle of the body. Be prepared to use various pieces of equipment to burn through the best 45-minutes of your day and get your PUMP on!*

Vinyasa Yoga

*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.*

TRX, Ropes, & Med Balls

*TRX, ropes, and med balls OH MY! 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!*

Bootcamp Express

*Finish the day with this high energy, full body, circuit style class that will help shake off the stress of your day. Each class will be unique utilizing various pieces of equipment. All fitness levels are welcome!*

BURNOUT Bootcamp

*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! Class welcomes all ability levels!*

Cardio & Core Blast

*This class will target cardio health by keeping the heart rate high. Each session will conclude with a core blast that is sure to make you feel the burn!*

Gentle Yoga

*Balance out your Yoga practice with this class that allows breath to guide you through lengthening poses.*