

Class

Descriptions

Strength & Conditioning

This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout. All-Levels.

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.

Cross- Training

A challenging workout to get your blood flowing using weights and other props to improve strength, balance, and core while taking periodic rest. All- Levels.

Total Strength

This class will move you through strength exercises that will help improve activities of daily living by utilizing multiple muscle groups to perform compound movements. Beginners, Intermediate, and advanced are all welcome!

Yoga Flow

Yoga Flow will be slow transitions through comforting stretches and poses. This class will aim to loosen, stretch and release unwanted tension from your workday.

Cardio Express

Cardiovascular training will keep your heart rate high during the morning workout. Similar to a HIIT style training, cardio will be incorporated using different equipment including the rower, treadmills, and bikes. All-Levels.

MIX IT UP*

A strength class that mixes body weight exercises with cardio and strength training. With a new workout every week, and a variety of equipment being used, these classes are designed to push participants harder than they'd push themselves and to always keep moving.

Bootcamp

Finish the day with a class that will target cardiovascular health by training in a circuit style. Stations, drills, and functional equipment will be highlighted for the full 45 minutes. Intermediate and advanced options will be offered.

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Power Hour

Take an hour in your morning to work out in a style that has longer rest periods while working to push through a tough sweat with weight training and explosive movements to follow. (Intermediate-Advanced)

Cycle*

Take a step away from the desk before your weekend, and grab a bike for an express cycle class. This class will target cardio-specific bike training and strength heading into the weekend.

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Classes offered In-Person & Virtually