

GROUP EXERCISE CLASS DESCRIPTIONS

SUPER CIRCUIT

Strengthen and tone in this circuit and station-based class. A full-body and core burner incorporating weights, bands and other equipment. All fitness levels welcome!

YOGA SCULPT

This strength-based mind-body practice combines physical postures and light resistance to build strength in your hips, glutes, arms and abs with breathing techniques to promote relaxation.

WELL BUILT

This strength focused class is designed to define all major muscle groups. This class utilizes dumbbells, body bars and more to improve muscular power, strength and endurance. The self-paced format will appeal to all levels from novice to advance.

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation. **Yoga mat required.

POWER CYCLE

This high energy cycle class includes a combination of speed, strength and power drills designed to increase cardiovascular endurance, build lean muscle mass and improve overall fitness. Bring your water bottle and a towel!

BARRE

Sculpt and tone your legs and glutes, improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required!

STEP

Put the fun back in fitness with this high energy cardio class, performed on an adjustable platform. Fun, easy to follow choreography will make you forget you're working out. All levels welcome!

SCULPT & CORE

Sculpt & Core is a fun and challenging program that offers a dynamic and engaging workout designed to enhance your balance, flexibility, and strength. This low-impact, yoga-based class provides a comprehensive workout for your entire body, fostering muscle sculpting and toning through a blend of stretching, isometric poses and controlled movements.

FREESTYLE FRIDAY

A variety of class styles will be scheduled on Fridays ranging from Pilates to Zumba and Cardio Kick to HIIT. Upcoming classes will be scheduled on the member portal.

Online class sign-up for each day begins the day prior.

In person sign-up will be available at the desk.

This is a dynamic schedule and will change with member needs.

Classes may not run with 3 or fewer participants.

No classes on Holidays.

Class instructor may vary due to injury/illness.

OXFORD