

GROUP EXERCISE CLASS DESCRIPTIONS

POWER CYCLE

Put your head down and ride! Motivating music & a “little” voice in your ear telling you to go, go, go! If you like to cycle, this class is for you. Bring your water bottle and grab a towel!

KICKBOXING

Join us for a heck of a workout! This is a 45-minute session of technical punching and kicking using Thai pads. A great way to learn the basics and give your all without any consequences.

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.

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!

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 less participants.

Barre-CORE

Barre-CORE is a fun and challenging fitness program that offers a dynamic and engaging workout designed to enhance your balance, flexibility, and strength. This low-impact class provides a comprehensive workout for your entire body, fostering muscle sculpting and toning through a blend of stretching, isometric poses and controlled movements, all set to an energizing playlist.

Whether you're just starting your fitness journey or you're a seasoned enthusiast, Barre-CORE offers modifications to suit all skill levels and warmly welcomes and embraces individuals of all physical shapes and sizes.

SHRED IT!

Shred It is for fitness enthusiasts of all levels. Activities include circuits, body weight exercises as well as plyometric and Tabata training. With functional strength and fitness at the core of this class, get ready to train all muscles of the body, including the heart.

YOGA

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

*Class instructor may vary due to injury/illness.

*No classes on Holidays.