

PILATES: A MIND & BODY CLASS FOCUSED ON STRENGTHENING, LENGTHENING, STABILIZING, AND ISOLATING THE DEEPEST MUSCLES OF YOUR CORE COMBINED WITH BREATH WORK AND MOVEMENT WILL LEAVE YOU FEELING STRONGER AND TONED. (ALL LEVELS)

GENTLE YOGA: A GUIDED, RESTFUL YOGA PRACTICE FOCUSED ON HOLDING POSES FOR LONGER DURATION TO HELP CALM YOUR MIND AND RELEASE TENSION IN YOUR MUSCLES. THIS CLASS WILL FOCUS ON SLOW MOVEMENTS, BREATHING TECHNIQUES, AND POSES. EMBRACE THE POWER OF REST. (ALL LEVELS)

BARRE: A HYBRID OF BALLET-INSPIRED MOVES WITH DIFFERENT ELEMENTS OF BALLET, YOGA, AND STRENGTH TRAINING. (ALL LEVELS)

CARDIO HIP-HOP: DESIGNED FOR ANYONE LOOKING TO RAISE THEIR HEART RATE WITH DYNAMIC SWITCHES BETWEEN SLOW AND FAST MOVEMENTS. (ALL LEVELS)

JUMPSTART: A FUN, YET LESS-RIGOROUS AEROBICS CLASS WITH LOTS OF VARIETY AND FUNCTIONAL EXERCISES FOR THOSE WHO WANT TO IMPROVE CARDIOVASCULAR ENDURANCE, STRENGTHEN JOINTS, INCREASE FLEXIBILITY, AND TONE MUSCLES (LOW IMPACT, ALL LEVELS)

SCULPT: A LOW-TO-MODERATE IMPACT WORKOUT FOCUSED ON TONING, STRENGTH, AND MUSCULAR ENDURANCE. (ALL LEVELS)

BUTTZ & GUTZ: A CLASS SPECIFIC FOR STRENGTHENING AND TONING ALL THE MUSCLES OF YOUR LOWER BODY AND CORE. (ALL LEVELS)

CYCLE 30: AN EXPRESS 30-MINUTE INDOOR CYCLING CLASS THAT CHALLENGES YOUR ENDURANCE AND ENHANCES YOUR CARDIO FITNESS IN A 30 SHORT MINUTES. (ALL LEVELS)

CYCLE 45: 45-MINUTE INDOOR CYCLING CLASS THAT CHALLENGES YOUR ENDURANCE AND ENHANCES YOUR CARDIO FITNESS IN 45 INTENSE MINUTES. (ALL LEVELS)

CYCLE & CORE: 45-MINUTE INDOOR CYCLING CLASS THAT CONSISTS OF ENDURANCE ON THE BIKE AND FINISH OFF THE BIKE WITH CORE WORK. (ALL LEVELS)