

Fitness Class Descriptions

Group Fit

Mon, Wed & Friday

7 am - 7:45 am

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. These classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Special 6 Week Challenges

Mon, Wed & Friday

5:15 pm – 6 pm

Every 6-8 weeks we offer a new type of fitness challenge that varies in fitness style from Circuit Training, Cardio Kickboxing or Weight Training. Each 6 week challenge is designed to push participants harder than they'd push themselves and introduce them to a different type of workout program that will keep the body guessing.

***Pre-Registration is required**

Sunrise Yoga

Tues & Thurs

6:30 am - 7:25 am

An hour-long yoga class first thing in the morning gives your body a chance to wake up physically and your mind the opportunity to reset from yesterday and get ready to tackle the day ahead.

Quick Fit

Tues & Thurs

12:15 pm - 12:45 pm

This 30 minute class consist of cardiovascular and strength training exercises lead by our amazing fitness instructors that are designed to gain stamina, build lean muscle mass, while increasing balance and flexibility.

Fit Camp

Tues & Thurs

4:15 pm - 5 pm

This class contains a series of challenging stations and exercises to increase strength, coordination, balance, and flexibility. Weights and equipment will be used. Modifications will be shown for all fitness levels.

BodyWeight Flow

Tues

5:30 pm-6:15pm

From a fitness or movement perspective, flow is often used to describe moving from one skill to another, almost effortlessly. This class builds you up with a gentle yoga or Pilates set leading into a gymnastic body circuit followed by a quick Barre burnout right before we cool you down with easy breathing exercises.

Cardio Kickboxing

Thurs

5:30 pm - 6:15 pm

This is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Yoga

Saturday

10 am - 10:55am

This is an ancient Indian body of knowledge that uses exercise, breathing and meditation to improve circulation, balance and overall mental and physical health. This will be done standing and on a mat.