



Group Fitness Class Descriptions

Cycle To The Beat – Join us for a high intensity cardio endurance class choreographed to the beat of each song. A variety of music genres are offered ensuring that you will hear music that gets you pumped! Come cycle to the BEAT!

H.I.I.T. Circuit – This class is a high intensity interval workout packed with a little bit of everything! We utilize weight training, CrossFit exercises, cardio, and body weight resistance to create an energizing, total-body workout. You will never be bored, and you will always break a sweat!

Vinyasa Yoga - An active vinyasa yoga class. Breath and focus techniques help you balance through a moderate flow sequence.

Lunchtime Grind – A 45 minute workout on the gym floor. Meet me on the main fitness floor for a full-body workout that is progressive and effective. Bring with you a blank notebook, ink pen, towel, goals and water.

Pilates Fusion – A system of exercises designed to improve physical strength, flexibility, posture, and enhance mental awareness. Classes will incorporate pilates principals along with, yoga, mobility drills, and functional movement exercises all while placing emphasis on breath control. Suitable for all!

Power Yoga – This is a dynamic yoga class that combines vinyasa flow and slow burn styles to create a fun and challenging class. We focus on building strength, balance, and flexibility through the development of mindful movement patterns. This class will be challenging yet accessible for people of all levels.

Rhythm Ride - Ride to the rhythm and burn calories in this energetic 45 minute ride. Sprint, Climb, tabata style drills & more.

Slow Flow – In this class we will move mindfully through postures, linking breath to movement, and focusing on proper alignment. Slower paced and open to all experience levels, this class will help strengthen the body and mind.

Slow Flow Power Yoga - This slow flow Vinyasa class focuses on increasing core and overall body strength with emphasis on breath and body awareness.

Sunrise Yoga Flow – Yoga to fuel the body with energy. Start the day off right.

Yoga Fusion – In this class we will blend together the deep stretching of slow flow with the heat of a Vinyasa flow. Linking breath to movement, we'll build strength and flexibility while playing with different variations in postures.

Cardio Sport – IF YOU LOVE SPORTS, MUSIC AND THE IDEA OF GETTING INTO THE BEST SHAPE OF YOUR LIFE. This fun, high energy team-based training experience is like nothing else you have ever experienced. Cardio Sport is not just a mixed bag of random workouts, but rather a specific and comprehensive training method. Participants do not just train 'like' an athlete, they train AS one. There's a huge difference - join the Cardio Sport movement today and you will see why.

Rewind and Reset Yoga – Restorative yoga class that features deep stretches and slow breathing to melt into the poses. Release tension in your body, relax and destress.

Energy Balance Yoga – Varying flows and sequences designed to provide energetic healing and balance the body.

Stretch & Burn – Want to increase your flexibility?! Or improve your posture?! This class will help you do both! We will increase stability and range of motion through Controlled Active Stretching Techniques that will definitely have you feeling the Burn yet Lengthened!

Full Out – A Full Body Exercise Flow using body weight and free weights to increase strength!

HardCore – This a Core/Ab Focused Class! We'll explore tons of ways to sculpt the abs you desire!

Groove Theory – Beginner Jazz/ Hip hop styled dance class, for fitness and fun!

Release & Realign – We will unwind our minds and body using Breath Guided Static Stretching and Self Massage!

Fast Flow Friday – A beginner friendly fast paced vinyasa yoga class that will ease your body and work up a sweat. The perfect deep stretch session that helps tone the full body before the day gets busy.

Self-Care Sunday – A slow paced beginner friendly yin-yoga class, focused around holding asanas for long deep breaths. This class allows the body digest each stretch and grants the mind a break from the busy flow of the day.