

## Class

## Description

### Full Body Stretch

Need a break from the office and sitting at your desk? Come on down to the fitness center to get some full body stretching in during your long day.

### Yoga with Hope

In this class you will get to do yoga with Hope! Focused on bringing your mind and body together that is not only relaxing, but a great get away from the office.

### Strength & Conditioning

During this group fitness class you'll be able to strengthen your whole body while keeping your heart rate up through the conditioning parts of the workout.

### Bootcamp

Do you need to be pushed and motivated to new levels? Try Boot Camp! This class combines cardio, weights, and bodyweight training to improve strength and cardiovascular endurance!

### Upper Body Blast

This class will exhaust the muscles of your upper body. This includes your shoulders, biceps, triceps, chest, upper back & core.

### Circuit Training

If you are interested in circuit style workouts then come join us for this fun class! Keeping your heartrate up while challenging your whole body is what this class is all about.

### Core & More

Looking for a core-specific workout? Core and More will focus on the entire core musculature to help your body function as best as possible, as well as strength and cardio intervals.