

Class	Description
Total 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 work day.
Circuit Training	If you're 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.
Yoga with Hope	This yoga class, led by Hope, focuses on dynamic movements and energizing flows. You'll leave feeling refreshed, recharged, and ready to take on the rest of your day.
Total Body Boost	This class is designed to target major muscle groups, helping you build strength, improve endurance, and elevate your overall fitness level. Whether you're new to the gym or experienced, join us to sculpt your body and boost your vitality!
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.
Cardio & Core Combo	This class combines dynamic cardio exercises with core-focused movements to help you achieve a stronger core and improved cardiovascular endurance. Get ready to burn calories and leave feeling energized!