

Class

Description

Core & Stretch

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

3-2-1

Challenge yourself with 3 minutes of cardio, 2 minutes of strength training and 1 minute of core in repetitive cycles. Torch calories and get results! Get ready in 3-2-1!

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.

Butts & Guts

Focused on strengthening your legs, glutes and core. This class will utilize a variety of equipment to get that lower body burn!

Whiteboard Workout

Looking for a workout routine where you can go at your own pace? This workout will utilize your whole body. It can be done alone or with a friend and will be written up in our studio!

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.