

MAY - JUNE | GROUP FITNESS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

7:00 - 7:30am
Strength &
Conditioning
in-person

7:00 - 7:30am
Core & More
in-person

12:15 -12:45 pm
Core & More
in-person

12:15 -12:45 pm
Bootcamp
in-person

12:15 -12:30 pm
Mobility
in-person

Class

Descriptions

Strength & Conditioning

This class is designed to help you build strength and endurance with strength and cardio exercises. Be prepared for a little bit of everything in this class! All fitness levels welcome.

Core and 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.

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!.

Mobility

Low-intensity stretching and mobility drills. Many drills are aimed at improving the mobility of the hip and shoulder joints.