

Class	Description
Total Body Stretch	Need a break from the office and sitting at your desk? Come 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.
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.
Meditative Yoga	Step away from the stress of your day and join us for a meditative yoga class designed to help you relax, recharge, and refocus. Through guided breathing and gentle movement, you'll find a sense of calm and balance.

