

Class	Description
Full 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 enjoy fast-paced workouts, this class is for you! Move through a series of exercises designed to keep your heart rate up while challenging your entire body.
Total Body Boost	This class is designed to target major muscle groups, helping you build strength, improve endurance, and elevate your overall fitness level.
Boot Camp	Need an extra push to reach new levels? Boot Camp blends cardio, weights, and bodyweight exercises for a full body workout that builds strength and endurance!
Upper Body Blast	This class will exhaust the muscles of your upper body. This includes your shoulders, biceps, triceps, chest, upper back & core.
Yoga	Step away from your desk and onto the mat! Whether you're looking to relieve stress or take a mindful break from your workday, this class offers the perfect opportunity to stretch, breathe, and recharge.
Intro to Lifting	Come learn the basics to lifting, the proper form, and how to improve your strength through simple, yet effective movements.
Mobility	Struggling with moving? Do you have extra tightness in your muscles? Come improve your mobility throughout your whole body.
Bring a Buddy Burn	Grab a buddy and get ready to burn! Join us for a fun, 30-minute workout where you'll team up for a mix of strength and cardio exercises. Be sure to bring a partner—this class is all about working together to push each other to the next level!