

Class	Description
Full Body Stretch	Start your week by releasing tension and restoring balance in this morning full-body stretch class. Through deep, intentional movements, you'll loosen tight muscles, improve flexibility, and leave feeling refreshed for the week ahead.
Core & Cardio	Designed to boost endurance, burn fat, and strengthen the abdominal muscles, this class provides a well-rounded fitness experience that challenges both your cardiovascular system and your core strength.
Vinyasa Yoga	Throughout this class, you'll be guided to flow through synchronized movements, poses, and stretches, connecting each breath with every transition between postures. This yoga class is inviting to all levels of practice.
Total Body Boost	This class is designed to target major muscle groups, helping you build strength, improve endurance, and elevate your overall fitness level.
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.
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!
Intro to Lifting	Come learn the basics to lifting, the proper form, and how to improve your strength through simple, yet effective movements.
Sunrise Yoga	Start your day with intention in this relaxing sunrise yoga class. Flow through gentle stretches and mindful movements to awaken your body, calm your mind, and set a positive tone for the day ahead. This yoga class is inviting to all levels of practice.
Tabata	Fuel your afternoon with this fast-paced Tabata class, combining explosive intervals and short recovery to get your heart pumping and your body moving. Get in, get sweaty, and leave feeling recharged for the rest of your day!
Mobility	Improve your joint health, increase flexibility, and enhance overall movement patterns. This class incorporates controlled movements to target key areas of the body—hips, shoulders, spine, and ankles. Mobility Flow is accessible to all fitness levels.