

Class Descriptions

CYCLE- EXPRESS

A 30-minute cycle class designed to boost your heart rate while developing your legs. Perfect for a quick cardio fix when you're short on time.

POWER CYCLE

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 45 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.

BARRE

Sculpt and tone your legs and glutes, while improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required.

TOTAL BODY BLITZ (TBB)

Improve overall fitness with a combination of resistance and cardiovascular training exercises. Increase strength, mobility, stability, and cardiovascular fitness, all in one workout. A mix of body weight and equipment based exercises may be used.

WELL BUILT & WELL BUILT EXPRESS

This strength focused class is designed to define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advance. **Express class is 30 minutes

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation. **Yoga mat required.