

Class Descriptions

POWER CYCLE

This high energy cycling class includes a combination of speed, strength, and power drills designed to increase cardiovascular endurance, build lean muscle mass, and improve overall fitness.

CORE -EXPRESS

The goal of this class is to build a solid foundation to transfer energy from the centre of the body out to the limbs. Strengthening the Core reduces back pain, enhances athletic performance and strength, and improves posture. * 30 minutes

STEP

Put the fun back in fitness with this high energy cardio class, performed on an adjustable platform. Fun, easy to follow choreography will make you forget you're working out. All levels welcome!

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.

HIIT AND CORE

If you're looking to torch maximum calories in minimum time, this High Intensity Interval Training class is for you. Intense cardiovascular and strength drills are interspersed with periods of recovery to rev up your metabolism. This class also includes a BONUS Core component.

SUPER CIRCUIT

Build strength and develop your cardiovascular system with this full body, circuit style workout. A variety of equipment will be utilized, including; dumbbells, kettlebells, benches, stability balls, and more.

YOGA

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