

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 AND MORE

The goal of this class is to build a solid foundation to transfer energy from the centre of the body out to the limbs; reducing back pain, enhancing athletic performance and strength, and improving posture

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

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, tubing, etc. to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advance

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