

Class Description

Cross Training- A popular class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed in a way to be different all the time, and push our participants harder than they'd push themselves. (60/ 40 Min.)

Balance and Movement- Getting back to the basics, this class is not to be confused with your typical stretching or traditional yoga class. This class will consist of calisthenics, functional training, stretching, and breathing techniques for a fun and challenging workout. (45 Min.)

Power Hour- Want to get a full body workout in on your lunch break? Then this class is the class for you. This class will focus on strength and conditioning. This class can involve upper and lower body functional training exercises during the sculpting portion of the class using various equipment. We want to keep you guessing and challenge you differently with every class! Our goal is to offer encouragement rather than intimidation! (60 Min.)

Ultimate Abs- Ultimately we all want great looking abs- but we also have to realize that the entire core of our body is our physical foundation for everything we do in life. So by coming to this class, not only will you get a great 6-pack, but you will set up your body for overall health and injury prevention. (20 Min.)

Tabata- Our schedules are not always flexible, quick workouts may be what your schedule allows. This class offers a High-intensity interval upbeat fun training program that will work on cardiovascular components in short periods of time combined with short rest periods. This class will utilize body weight exercises and use some equipment. (40 mins)

Power Yoga- Power Yoga is a challenging and dynamic class based upon the principles of Ashtanga and Vinyasa Yoga. The class links poses together in a flowing sequence while emphasizing the unification of movement and breath. This energizing class builds inner heat which aids in the cultivation of strength, balance, flexibility and centeredness. Expect to feel challenged and invigorated and to have fun! Some yoga experience is helpful, but NOT required. (60 Min.)

GROUP EXERCISE CLASS POLICIES:

1. Wipe down ALL equipment used.
2. Return ALL equipment back to its original place.
3. Must have 3 or more people to hold a class.
4. Bring towel.
5. Wait PATIENTLY outside group exercise room until previous class is finished!
6. Do not walk into class if you will be more than 5 minutes late!