

CARDIO/STRENGTH

20 20 20

A classic format remixed... each week you will experience a 20 minute cardio section, followed by 20 minutes of weight lifting and 20 minutes of mat work including glutes, legs and core. 1 hour. Every body part. It's just that simple!

B45S

This high intensity interval workout will keep you coming back for more. Focuses on muscle confusion to avoid routine and enhance your overall body, confidence and mind set.

Barre Assets

A ballet inspired workout. Build balance, strength and poise. This class fuses ballet, pilates and strength to create long/lean posture and flexibility.

Below The Belt

Hello legs and glutes! This class will consist of lower body exercises, abdominals & conditioning drills! Great quick blast

Boot Camp

This challenging workout includes strength, cardio speed drills, core and functional movement patterns.

Cardio Blast

This workout may include a combination of the following: Step training, Hi-Lo aerobics, Kettlebells, Sports Training, Speed Drills and Toning.

Cardio Core

Not your average AB class....This is for those who want to take their midsection to the next level. CORE MAX is a combination of high impact conditioning drills with intense stabilization and power. Works arms, glutes and legs as well!

H.I.I.T.

High-Intensity-Interval Training = RESULTS!! This is a dynamic workout that combines the best high intensity cardio and strength training. Cardio drills, plyometric training, Tabata intervals and weight training....BRING IT ON!

Class Descriptions

H.I.I.T Spin

Designed to help you increase your fat burning potential and athletic performance. Built around 4 minute intervals of speed or resistance, you are sure to burn more calories, lose more fat, and improve overall cardio fitness.

Kickboxing

This empowering cardio workout is inspired by martial arts moves from a wide range of disciplines. The instructors will get you to punch, strike and kick your way to a heart pounding 60 minute workout!

Lift It

This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body - Lift It!

Spin

Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60 minutes

Step N Sculpt

This step class format includes a mix of Step, drills and resistance intervals. The overall class objective is to improve cardiovascular endurance, burn fat and cross functionally condition the body.

Tabata Bootcamp

Join this HIIT for deep cardio & muscle conditioning. Work in 4 minute intervals for a fast paced Bootcamp to build strength and endurance (Beginner, intermediate and advanced options always available!)

MIND BODY

Intro to Meditation

Welcome to your guided meditation class. There is no right way or wrong way, just come and see for yourself. Each week Jeffrey will guide you to a place of peace, comfort and self-relaxation allowing you to escape and just "be".

Hatha Yoga

Classes are slower paced and emphasis is placed on doing each Asana correctly. Yoga breathing is explained. Your flexibility and knowledge of yoga will increase and your stress levels will start to decrease.

Mat Pilates

This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes

Power Yoga

Focus on the athleticism, fitness and stretching of yoga. A unique blend of power yoga and core training help to build balance, agility and gain strength.

Synergy Yoga

Synergy yoga teaches you how to use asana to increase self-awareness: physically, mentally, emotionally and spiritually. Consciousness is necessary for personal growth and transformation. Synergy Yoga is both challenging and gentle; fun and intentional!

Vinyasa Yoga

Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana practice. In this class, meditation, mantras and emphasis on alignment are interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

Yogalates

A blend of classical Mat Pilates and Hatha Yoga asana (postures) to help stimulate and engage the core, lengthen the muscles and create a toned body and calm mind.