

Bootcamp: Bootcamp is one of the most popular high-intensity workouts around! Burn calories, tone muscles, maximize fat loss, and increase your metabolism. Each class is different. You will never have the same routine — and never get bored.

TRX: **Space is limited. Pre-registration online is required**

TRX® is Total Body Resistance Exercise. A TRX® workout is about suspension training using your body weight. This is a great workout for all ages and abilities. The instructor will work with you to accommodate workout level and limitations. Classes are offered at the Beginner's/Intermediate and Advanced levels. All levels can join and are welcome to either class.

Barre: Tone your physique and achieve long, lean muscles with this high-rep, low-impact barre workout. You will engage the deepest muscles that your typical workouts don't reach! No ballet experience required.

STRONGER: Torch and tone like never before! We have combined our previous Strong and Strong AF class to give you one high intensity, full body workout. Every single cardio and muscle-conditioning move is perfectly synced to original music. Instead of counting reps, you train to the beat, pushing past your limits and torching more calories. Many of the cardio endurance exercises are derived from kickboxing. In addition to providing you a fun, full body conditioning experience, each class will spend a portion of time focusing on strength exercises for 1-2 specific muscle groups.

Step & Strength: Using an adjustable platform (step), body weight, hand weights, and/or other forms of resistance; this full body workout promotes balance, cardiovascular fitness, coordination, strength and muscular endurance.

Strength & Cardio: This is a different kind of strength class! We will be using various strength training routines to awesome music to get your heart rate up and maximize your movements. You'll have so much fun you'll forget how hard you're working!

HIIT Fit: High Intensity Interval Training (HIIT) increases your strength, balance, and endurance by combining TRX bands, light dumbbells, body-weight, Therabands, plyometrics, and more. This full-body workout will push you to your limit with quick bursts of rigorous exercise followed by short recovery periods.

Yin Flow: This class begins in quiet, supported postures that are held from 1-5 minutes which aim primarily at the connective tissues of the spine, pelvis, and hips. The use of optional props is encouraged to allow the muscles to disengage. A slow flow will transition from quietness and end with mindful breathing. This is not a restorative class. Some postures can be challenging to stay within discomfort, while others may feel gratifying. Expect to feel tightness and tension within the postures. **Participants are encouraged to bring straps, bolsters or blankets.**

Yoga Flow: This class starts out in stillness and progresses to a flow where postures are linked with breath to develop strength, flexibility and focus while realigning the mind and nervous system into balance, and ending with relaxation. Inversions and backbends will be introduced with modifications. Best suited for those with prior yoga experience.

Sunrise Yoga: A traditional yoga class combining the familiar Sun Salutations and a short novel flow and some static holds to draw focus to breath. A great class for beginners and seasoned yogis.

Core Blast: An intense 30-minute workout dedicated to strengthening your core with a mix of body weight, hand weights, and bands. Using different formats and exercises, this workout is a perfect companion to your other strength and cardio classes.

Shred30: 30 minutes of “Good Morning” muscles! You’ll focus on strengthening two specific muscle groups in each class, mixing in some cardio to make sure you leave fully awake and ready for your day. Who needs coffee?

YOGA/PILATES FUSION

This fusion class is a combination of yoga and the core building strength of Pilates. It will blend the physical and mental benefits of both practices. “The perfect East meets West.”

PUMP

This high energy class incorporates intervals of strength, cardio and core, formatted to music. Participants can modify or progress (ie, using lighter weights, low impact version of each move, or limiting range of motion.) Appropriate for all fitness levels.

Candlelit Meditation and Yin Yoga

Find some time to focus on you today! All are welcome - if you can breathe, you can do this class! Bring a mat, dress for stillness.