

**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.

**PUMP:**

PUMP is a High Energy, Strength, Cardio, and Core workout formatted to music. Recommended for all levels. Choose non-impact versions of each move or limit range of motion.

**STRONG:**

Torch and tone like never before! STRONG Nation is a revolutionary 30-minute, high intensity, full body workout where 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.

**STRONG AF:**

Get strong by focusing on specific muscle groups through activation and resistance training exercises. Each week, STRONG AF (Area Focused), will take you through a series of exercises that strengthen your core and abs. Additional areas of focus will change from week to week. This class can be a stand alone class or paired with the STRONG class. If taking as a stand alone class, a self-guided warm-up is suggested prior to the class. Please bring your own mat. This class will be held in the studio.

**Warrior Sculpt:**

Where cardio and strength meet yoga!

This class blends traditional yoga moves with intervals of high intensity cardio. Add light weights for strength, and you have a full body workout that will leave you feeling strong and blissed out. Benefit from a bigger calorie burn as well as the opportunity to build strength and challenge yourself physically.

**Hatha Yoga:**

This class begins with mindful breathing and accepting where the body is at, then progressing into warming up the body with easy movements that transition into sun salutations and holding postures. Back bends and inversions may be introduced and modifications are offered. Discover a deeper connection between body and breath as you gain flexibility and strength. Suitable for all levels.

**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 back bends will be introduced with modifications. Best suited for those with prior yoga experience.

**Sunrise Yoga:**

Sunrise yoga will help improve your breathing throughout the day and help you focus. This class is designed to help with stress and anxiety, improve flexibility, find balance, improve posture and start your day with a smile! All fitness levels welcome.