
Abs Blast

Focusing on abdominal training and lower-back conditioning, this class is perfect for strengthening your midsection.

Barre-less Barre

Strengthen and tone your core and lower body with this ballet inspired fitness class. You will perform a variety of exercises that focus on isometric strength training combined with high reps of small range-of-motion movements.

Boot Camp

This class challenges your whole body by combining cardio and strength-training exercises in a variety of workout formats.

Boxing Conditioning

This high-intensity workout teaches you the art of attack and defense practiced as a sport. Learn proper hitting techniques using different boxing combinations.

Cardio Kick

This fast-paced class takes you through drills and combinations of kicks and punches, keeping your heart rate high and your energy even higher!

Cardio Pump

In this full body workout, increase your heart rate, burn calories, and tone your muscles in this choreographed strength workout.

CrewRun

Lace up your shoes and grab a friend because whether it be outside for a longer 2-4 mile run, or indoors for interval training, this class is guaranteed to get your heart pumping.

H.I.I.T.

High-Intensity Interval Training! This high-energy workout will push you to your full potential. Exercises include speed drills, plyometrics, and bodyweight exercises for a total body-conditioning cardiovascular workout!

Pilates

Increase your core strength, flexibility, and balance with a progressive series of exercises that focus on breathing and mindful movement.

Yoga

Lengthen your muscles and clear your mind by focusing on traditional yoga poses that combine strength and flexibility. This class is suitable for all levels.

Yoga Pilates Fusion

This mind-body class is a blend of yoga and Pilates, incorporating stretching and flexibility, core strength training, and breathing techniques.
