

Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00am Strength & Power			9:00am Morning Flow Yoga
	12:15pm Align & Flow Yoga		12:15pm Total Body Strength		
5:15pm Total Body Strength	5:15pm HIIT Circuit	5:15pm Core Fusion Yoga			

TOTAL BODY STRENGTH

Practice and perfect the basics of strength training! Through a combination of body weight and free weight exercises, you'll target every muscle in the body!

ALIGN & FLOW YOGA

This alignment-based yoga class is designed to help you maximize the benefits of each pose. You'll cultivate a deeper connection between your mind, body, and breath.

HIIT CIRCUIT

Build lean muscle, improve endurance, and burn fat in this interval based circuit class with a variety of equipment!

STRENGTH & POWER

Fire up your metabolism with intervals that incorporate strength training and powerful dynamic movements.

CORE FUSION YOGA

A dynamic class combining fluid yoga poses with focused core work. Improve stability, increase strength and flexibility.

MORNING FLOW YOGA

Enjoy gentle stretches, mindful breathing and energizing poses to awaken the body and calm the mind.



*Sign Up
Now!*

ALL CLASSES ARE 45-MINUTES IN LENGTH