

Bodies in Motion – Strengthen, tone, and stabilize major muscle groups to keep your heart pumping and body moving. Various equipment will be incorporated. All levels welcome.

Body Sculpt - This is a non-aerobic muscle toning class. It will improve your core strength, increase flexibility, and burn calories by guiding you through a range of traditional weight training exercises. Beginner to intermediate class.

Bootcamp - Strength training, plyometrics, agility, core and more! Total body work to challenge your muscles and increase your speed, endurance, balance, and overall conditioning. All levels welcome.

Build and Box I & II – Part I (FF room) is a fun and energetic workout that uses bodyweight, free weights, and kettlebells to build your strength, core, stamina, and endurance. Part II (A room) continues, taking your fitness even further with shadow boxing, cardio kickboxing and bag drills.

Core - This all-level class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

Cross Train Insane - This is an advanced, high intensity, total body workout. We will incorporate a lot of advanced strength training moves to get you to a higher fitness level and a better understanding of the fundamentals of lifting. We will incorporate sprints, plyometrics, agility, core work and more.

Cycle - This is a basic beginner spin class. Our experienced instructors will help you understand how to set up your bike, the fundamentals of spinning, how to control your body on the bike, and proper techniques. They will challenge you each week as you get better and more comfortable on the bike to burn more calories and ride harder and further all while having fun with great music!

Cycle & Strength - This combination class will challenge both your strength and your endurance as you ride. Both sprints and heavy intervals of flat roads and hills will be combined with lightweight, isolation power moves! All levels are welcome.

Cycle Tabata - This high intensity spin class uses the 2 to 1 ratio (double the effort to your recovery Ex :60 effort/ :30 recovery) to challenge your body's endurance and stamina as we ride through hills and sprints. This class includes fun challenges and competitions, with the bonus of a high calorie burn! Intermediate to advanced class.

Fast 45 - This fun and energetic class will keep you moving and your heart rate up! She will find challenging and encouraging ways to increase your strength, endurance, and overall fitness! All levels welcome.

Fit Yoga - Tone, lengthen and challenge your body in this full body yoga class. We will string together postures to move from one to another seamlessly using breath. This class offers a variety of postures, and no two classes are ever alike.

Get Bent Yoga - This class is open to all yoga levels. You will work on a series of postures and poses, while working on deep controlled breathing. You will stretch your muscles and improve flexibility and mobility while relaxing the mind.

Kickboxing - A combination of bag work, cardio-kickboxing and toning that challenges endurance, stamina, and all muscle groups. All levels welcome.

Lift & Tone - Tone, strengthen and work muscle group stability. You will improve your balance, coordination, core strength, and learn different ways to recover your muscles. All levels welcome.

HIIT and Hills - This ride is open to all levels. You will pedal through hills and sprints as you condition your heart and lungs, giving your total body a fun and challenging cardio workout.

Spin & Lift - An intense whole-body workout that will make you sweat! It starts with spin to turn up the heat and transitions to a variety of toning/strengthening exercises to finish out the class strong. Open to all levels.

Total Body – A multi-level, full body workout that targets all major muscle groups. This workout contains challenging exercises that will increase strength, decrease body fat, and improve overall conditioning.

TRX Core & More - This is an advanced class in which TRX suspension straps are used to take your core strength to the next level. This is an intense class that really challenges your body as a whole. Basic TRX knowledge is suggested for this class.

Mindful Wellness – This is a combined class of breath, movement, Yoga and Tai Chi. All levels welcome.

Vinyasa Flow - Vinyasa flow yoga emphasizes the sequential movement between postures coordinated with and guided by deliberate breath. This class is open to all levels but does move at an intermediate pace.