

CLASS DESCRIPTIONS

Stretch & Refresh:

Start your week by releasing tension and restoring balance in this morning full-body stretch class. Through deep, intentional movements, you'll loosen tight muscles, improve flexibility, and leave feeling refreshed.

3-2-1:

This class will keep you moving with a rotating structure: three minutes of strength, two minutes of core, and one minute of cardio. This fast-paced format challenges your muscles, raises your heart rate, and strengthens your core through timed intervals.

Bootcamp:

Need an extra push to reach new levels? Boot Camp blends cardio, weights, and core exercises for a full body workout that builds strength and endurance!

Sunrise Stretch

Post-workout stiffness? Feeling tight when you roll out of bed? Join Amelia every Thursday at 7:30 for a guided morning stretch designed to release tension, improve flexibility, and help you move better all day long.

Tabata:

Fuel your afternoon with this fast-paced Tabata class, combining explosive intervals and short recovery to get your heart pumping and your body moving. Get in, get sweaty, and leave feeling recharged for the rest of your day!