

Class	Description
Stretch & Refresh	Start or end 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.
Core Express	This 20-minute class is dedicated entirely to strengthening your core. Each workout will target the abdominal, oblique, and deep core muscles to improve stability, posture, and midsection strength.
Sculpt	Sculpt incorporates elements of yoga into a workout filled with strength training and cardio. This fast pace class focuses on your breath and dynamic movements to tone your body.
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.
HIIT	Move, lift, and sweat in a high-intensity interval class that alternates bursts of cardio and strength. You can expect a fast-paced, energizing session that targets your whole body.
Boot Camp	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!
Barre	Barre is a low-impact workout that integrates ballet, Pilates, and strength training into one workout. This full body workout moves to the beat of the music to guide you through different blocks of work, focusing on stability, mobility, and flexibility.
Strength Circuit	A focused, full-body workout built on classic strength moves performed in a circuit style. This class targets every major muscle group to keep you moving and building real strength from start to finish.
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!
Power 30	An efficient, full-body strength training class designed to build muscle and increase power in 30 minutes. Each class is packed with strength-focused exercises that will leave you feeling powerful.