

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.

Yoga Sculpt:

Yoga flow with a mix of strength training, cardio bursts, and core work. Designed to build lean muscle and increase flexibility, this class uses light weights and upbeat music to energize your practice. This yoga class is inviting to all levels of practice.

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.

Intro to Lifting:

Come learn the basics to lifting, the proper form, and how to improve your strength through simple, yet effective foundational movements.

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!

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.

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!

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.

Vinyasa Yoga:

Throughout this class, you'll be guided to flow through synchronized movements, poses, and stretches, connecting each breath with every transition between postures. This yoga class is inviting to all levels of practice.