

FULL BODY HIIT

This circuit-style workout includes strength and conditioning exercises designed to elevate your heart rate for a full-body burn. Timed intervals pair short, intense cardio bursts with even shorter periods of recovery, to efficiently help you reach your fitness goals.

CARDIO KICKBOXING

Get ready to punch, kick, and jump your way through this high-energy cardio workout. You'll learn pro moves and combinations that will make you feel like a fighter and you'll finish class feeling super-charged and powerful!

DANCEFIT

Ready to sweat with a smile? Move to the beat with easy to follow choreography that combines high-energy moves with music that moves you. This fiercely fun class will energize your day and leave you feeling like a star!

TABATA

Are you ready for a mashup of strength, cardio, core and plyometrics? Tabata is a high-intensity, interval-based workout composed of 20 seconds of high-energy exercise followed by 10 seconds of recovery. In this total body burner, you can expect to challenge your muscles and push your cardio capacity to new heights. You can do anything for 20 seconds, right?!

CORE & MORE

Walk taller, feel stronger. This class is designed to build core muscle groups while improving posture through exercises that strengthen the abdominals, back, quads and glutes. Grab your mat and get ready to strengthen your powerhouse!

TOTAL BODY STRENGTH

This total body workout includes strength and endurance exercises that build the foundation for efficient movement in class and in real life. With a combination of functional exercises, resistance training and mobility work, you'll feel stronger and perform better everyday with less pain and fewer limitations.

PILATES BARRE

Strengthen, lengthen and tone the entire body, while improving overall muscular endurance and coordination. In this class, you'll combine Pilates-inspired movements with Barre intervals to deeply engage your core, while simultaneously building strength and flexibility.

BARRE STRENGTH

Get a stronger core, improve posture and fine-tune your balance in this total body sculpting class. Expect a blend of ballet-inspired movements and elements of strength training as your muscles work to achieve greater stamina and endurance. Isometric holds and heavy repetition will have you feeling the burn!

VINYASA FLOW

Vinyasa Flow is an active yoga practice that links one pose to the next, connecting breath and movement in body-sculpting poses. This class will help you stretch and engage every muscle while your mind experiences the benefits of being in the present moment. All you need is your mat!

RESTORATIVE FLOW

Restore your mind and body with this Yin-style, slow-flow class. Quiet the mind and focus on your breath as you hold static poses that target the deep connective tissues between the muscles – increasing circulation in the joints and improving flexibility.

ADVANCED FLOW

Take your practice up a level with this challenging flow. Expect faster-paced sequencing as well as challenging poses to amplify the mind-body connection and strength building that yoga provides.

MEDITATION

Mindfulness teaches us to be in the present moment, without judgment and with compassion for others and more importantly, ourselves. Allow time for yourself to align the body and mind, reconnecting to the truth residing in you. Whether you are brand new or have an established practice, all are welcome.