

MORNING CLASSES



Circuit-style training including a variety of exercise that utilize functional body weight

TUESDAY, THURSDAY

6:00-6:45 am

EVENING CLASSES



A balance of strength and flexibility in the body, while paying attention to your breath, resulting in more awareness and relaxation.

MONDAY

6:30-7:30pm



Total body workout using light to moderate weights with lots of repetition.

MONDAY, WEDNESDAY

5:30-6:30 pm

**Every other Saturday-

Alternates with RPM-9:00-10:00 AM



Cycling workout that delivers maximum impact on your joints.

TUESDAY, THURSDAY

5:30-6:30 pm

FRIDAY

5:15-5:45pm

**Every other Saturday-Alternates with Body Pump- 9:00 -10:00 AM



Exercises focused on strengthening your core with resistance tubes and weight plates as well as body weight exercises.

TUESDAY, THURSDAY

6:30-7:00pm