

GROUP FITNESS

APRIL

NEW
MON 12:15PM

BODY PARTY

Muscles and Movement! Get ready to move, sweat, and sculpt in this fun, high-energy class. It combines easy-to-follow dance movements with targeted strength training to give you an effective full-body workout.

TUES 12:15PM

PILATES

A Pilates mix of mat based/standing/wall mash up. Burn calories and train your core, mobility, balance, flexibility and overall body awareness.

TUES 5:30PM

POWER, FLOW and RESTORE

YOGA! This is a fusion class of power yoga, vinyasa flow yoga and restorative yoga. Improve your strength, enhance flexibility, and promote overall well-being. An excellent way to finish your day.

WED 12:00PM

YOGA

A necessary component of your daily workout. This class will help in recovery from all of the daily wear and tear on your body and muscles while increasing flexibility and promoting relaxation.

THU 12:15PM

THE "PULSE"

Cardio ✓

Strength Training ✓

Total body strength x cardio class using machines, free weights, kettlebells and body weight. Class location rotates between main fitness floor and group fitness studio.

Classes are open to all members and all levels of fitness