

YOGA

Amy: “Flow-based class appropriate for all fitness levels. Focus on improving flexibility, building core strength, and restoring balance. Perfect mid-day stress reliever.”

Alissa: “Slow flow yoga; Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility. Expect a slowed down sequence to allow deeper access into postures and alignment. Great for beginners but still as challenging as you want to make it. Leave feeling restored, centered and grounded!”

Tonya: “Enjoy your lunchtime with a 45-minute well-balanced mix of postures, standing strength, balance, twists, and core work. We will finish with a short relaxation at the end, so you will leave feeling focused and re-energized for the rest of your day. This class is suitable for all fitness levels, with modifications offered throughout the class.”

Kristen: “This class will build your core, strength, flexibility, and balance. It is a combination of Vinyasa Flow and Pilates. This is a multilevel class and will keep challenging you each class. 45 min class.”

****Please bring your own mat****

BOOT CAMP

Anna/Kerry: “Bootcamp offers a full-body, large group training workout geared for all fitness levels. This class combines strength and cardio to get results where it counts!”

HIIT/CORE

Kerry: “High Intensity Interval Training (HIIT) is designed to get your heart rate up quickly with short bursts of work followed by short active recovery periods. It is a full body workout designed to improve your cardiovascular system, followed up with some core work to build and maintain a strong foundation.”

Deniece: “HIIT, or High-intensity interval training, involves quick bursts of exercise followed by brief recovery periods. This class will get your heart rate up, boost your metabolism, and keep you burning calories even after your workout is finished. Basic moves with various modifications for all fitness levels. Each workout will conclude with moves to strengthen your core!”

CARDIO/CARDIO INTERVAL

Deniece: “Burn calories and improve your cardiorespiratory fitness with this heart-pumping workout that will keep you moving. All fitness levels welcome, as this class can be tailored for a low-impact and/or high-impact workout!”

Anna: “Cardio interval is a fun and upbeat workout designed to tone and shape muscles while improving cardio conditioning! With multiple options and modifications, this class is perfect for all fitness levels. The main goal of this class: have fun and keep moving!”

TOTAL BODY STRENGTH TRAINING

Kristen: “Are you looking for a class that will not only give you results but will change your life. This class is based off a 12-week program and is designed to work for all people at all fitness levels. If you have never worked out but want to start, stuck in the same routine and looking for a new challenge, or need someone to make you reach your goals...this class was made for you. The best part about Total Body Strength Training is it combines the energy and synergy you get from group fitness and yet you're still able to make it your own workout. You will learn about strength training, cardio, and nutrition. The hardest step is the first step!!! 60 min. class.”
Involves dumbbells, mat, & medicine balls.

****All 12pm classes will be no longer than 45 minutes****