

Group Fitness Classes

CLASS DESCRIPTIONS



HIIT Fusion

Tuesday

4:15 pm - 5:00 pm

This class will leave you feeling energized, accomplished, and ready to tackle anything that comes your way. It is designed to push your limits with a combination of intense bursts of exercise followed by short periods of transition and rest, allowing you to maximize calorie burn and build muscular endurance.

Yoga

Thursday

4:15 pm - 5:00 pm

A gentle flow that encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, deep stretching and breathing to help release stress, tension and tightness. Appropriate for all levels.