

GROUP FITNESS SCHEDULE

Monday

12:15PM Yoga: A mixture of Yin and Vinyasa yoga to improve balance, mobility, and flexibility



Tuesday

12:15 PM Rip-N-Ride: Bike intervals combined with strength training, focusing on full body complexes to increase total body strength

5:30 PM Fit45: An exciting full body class encompassing upper body, lower body, and core exercises blended with cardio.



Wednesday

12:15PM HIIT: Interval training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance

5:30PM Step to the Max: High volume, low impact resistance training which is led to promote muscular endurance and cardiovascular benefits



Thursday

12:15PM Total Body Strength: Strength training for all fitness levels focusing on technique and increasing lean body mass