

MONDAY

12:15PM YOGA

A mixture of Yin and Vinyasa yoga to improve balance, strength, mobility, and flexibility.

5:45 PM KICKBOXING

A martial art-inspired group fitness format that is both heart-pumping and exhilarating using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing.

WEDNESDAY

12:15PM MUSCLE MAYHEM

Strength training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance.

5:45PM ZUMBA!

An exciting, aerobic exercise class in a dance format that incorporates the moves of 10 Latin-American dance styles.

TUESDAY

12:15PM CYCLECORE

Bike intervals combined with strength training, focusing on stabilizing the core and increasing endurance.

THURSDAY

12:15PM AMRAP UNLEASHED

Strength training for all fitness levels focuses on technique and increasing lean body mass and cardiovascular health.

5:45PM BEGINNER YOGA

A yoga class ideal for novice yogis and those who are looking for a deep stretch to finish the week.

GROUP FITNESS SCHEDULE