

GROUP CLASS DESCRIPTIONS

SPIN (45-55 min) an indoor cycling workout led by the instructor's unique style and music, combining varied speed, resistance, and intensity for a dynamic cardio session.

RPM (45-55 min) an indoor cycling workout that simulates road cycling with hill climbs, sprints, and endurance training to boost cardio fitness.

BARRE (55 min) Energize and move with purpose and power through pulsing lunges, banded barre burners and 360 core work. Sprinkle in some cardio and strength work and we make it a full body workout that feels powerful, effective and fun.

BODYCOMBAT (55 min) High-energy, non-contact workout inspired by martial arts. Punch, kick, and strike to powerful music while building fitness, strength and confidence.

PILATES (55 min) a low impact workout focused on core strength, flexibility, and posture through controlled movements and breath-work. Don't forget your mat.

BODYPUMP (55 min) a full body barbell workout that uses high reps and light to moderate weights to build strength and endurance.

STEP45 (45 min) high intensity workout using a step platform for dynamic cardio, strength and agility training to fun upbeat music.

YOGA (60 min) the mind-body practice combining breath, movement and meditation to improve flexibility, strength and relaxation. Don't forget your mat.

TEAM TRAINING DESCRIPTIONS

INCLUDED IN YOUR MEMBERSHIP AND RUN BY PERSONAL TRAINERS

All team training workouts are total body and a combination of strength and cardio. Each trainer puts their own style into their workouts and is happy to modify the workout to help you find the right level of challenge for you. Workouts located on the turf.

BURN45 (45 min) a fast-paced workout with a mix of strength and cardio. Minimal rest to keep your heart rate up.

AMP'D (60 min) learn to lift heavy while working on form and challenging your cardio. Built in core work and a different workout every day.

IGNITE (60min) functional strength training combined with athletic power training and conditioning.

CO/MO (45 min) core and mobility work are the secret sauce to staying strong, stable and moving through life but they are the first things we skip, until now. In 45 minutes you'll unlock your hips, ease your tight back and fire up your core.

HIIT (60 min) high intensity cardio drills mixed with strength intervals using free weights.

BOOTCAMP (60min) a high energy AMRAP style (as many rounds as possible) workout with four rotating stations.

GLUTECAMP (60 min) a lower body focused workout designed to build strength. We keep the same four exercises for the month to track progress.

TRX-HIIT (45min) a combination of TRX suspension work and free weights for a full body strength and cardio challenge.

RIDE/STRENGTH (60min) the ultimate hybrid workout, combining 25 minutes of beat-driven, HIIT and tabata inspired cycling with 35 minutes of strength training. Ride to the rhythm of the music for an intense cardio session, then transition into focused strength sequences to build and define your upper body, lower body and core.

Worried you aren't ready to take a group class or a team training workout? Set up a one-on-one training session with one of our trainers. They can help you reach your goals.