GROUP CLASS DESCRIPTIONS

CLASSES WITH A 45 IN THE TITLE ARE THE SAME GREAT WORKOUT IN A SHORTER FORMAT

RIDE (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.

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

TAKES PLACE ON THE TURF AND COMBINE STRENGTH AND CARDIO FOR A TOTAL BODY WORKOUT. EACH TRAINER BRINGS THEIR OWN STYLE AND CAN MAKE MODIFICATIONS TO ACCOMMODATE DIFFERENT FITNESS LEVELS AND ABILITIES.

HYROX (60 min) combines functional strength and cardio in a full body workout featuring movements like sled pushes, rowing, lunges and wall balls. Test your limits (with plenty of modifications) all without having to race!

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.

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.

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

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

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

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

FUSE (60 min) sweat.strength.reset. A total body workout that brings it all together. FUSE combines heart pumping cardio with strength focused moves, then finishes with a guided stretch and reset to help you leaving strong, energized and refreshed.

COMBAT + CONDITION (60min) starting with the power and energy of BodyCombat and half way through class we move downstairs to the turf for a full body strength workout.

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. We can help!