

GROUP FITNESS

Tuesday

LUNCH CRUNCH

Quick 30-minute Ab blast in which specifically targets the abdominal and oblique areas of the body

12:15PM

DYNAMIC H.I.I.T

High Intensity Class combines mobility & rotational movements which challenges the body by focusing on muscular endurance & strength

5:00PM

Wednesday

SPIN & SCULPT

A dynamic full body duo of Spin Intervals combined with strength training

12:15PM

Thursday

POWER HOUR

Alternating Circuit class that targets strength building and muscular endurance; conditions the body to increase performance

12:15PM

JOIN US!