

Membership Classes

*** Integrated Body Blast (60min)

This class is designed with integrated full-body, multi-muscular movements that maximize your workout potential. Bust through your plateaus and keep your body running like a well-oiled machine for years to come.



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*** Weekend Detox (60 min)

Torch those calories and prepare for your weekend indulgence. You will sweat those toxins out with this invigorating workout. The class format changes every week to keep your body “guessing”



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*** Pilates (45 min)

A preventative program that helps with body awareness and core strength and flexibility. Gain an understanding the 4-points posture system. A progression from rehabilitation to full health and fitness can be your goal. Please see the Fitness Practitioner prior to class if you are in rehab. ALL levels of fitness are welcome. with bars and weights. Here you will utilize all major muscle groups in one movement. An efficient workout suitable for all fitness levels.



Membership Classes

*** Below the Belt (60 min)

Develop functional strength, balance, power and endurance - All while you tighten and tone your glutes, strengthen your hamstrings, reduce the size of your thighs, and define your abs. By incorporating a variety of effective exercises and equipment, it is a class that addresses what most women identify as “problem” areas. (60 min) included to help burn more calories while working your core in a functional manner.



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*** SSSS-stability/strength/sweat/stretch (60 min)

This total-body class is full of Pilates-inspired movements along with bars and weights. Here you will utilize all major muscle groups in one movement. An efficient workout suitable for all fitness levels.



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***** Cut to the Core (45 min)**

Strengthen your abs, sides and lower back whereby toning and tightening your entire core. This routine works key muscles, and creates a lean, strong mid-section. Cardio exercises are included to help burn more calories while working your core in a functional manner.



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*** Cardio Kickboxing / Strength (45 min)

An Awesome Workout, it is a fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

