

Barre Fusion

A full body, core-centered, low-impact workout that involves isometric movements and holds to get your muscles to fatigue. With some Pilates and dance inspiration, barre uses low weights with high repetitions to get your body burning and shaking!

Mat Pilates

Develop a longer, leaner, stronger and more graceful body! Cultivate strength, flexibility and balance by using your own body weight and props in a gentle, continuous sequence of postures.

Total Body Boot Camp

Get back to basics with this high intensity, early morning workout that will get your blood flowing and fire up your metabolism to burn calories all day long. You'll be done with your workout and ready to take on the day before some have even rolled out of bed.

Gentle Yoga

Get your Zen on with this laid back, gentle yoga class focusing on integrating breath and movement along with cultivating gratitude while shedding stress from everyday life. Just the right way to end your day.

Cardio Core

Get your heartrate up and burn calories with this high intensity, interval workout using weights to improve strength, balance and core. Moves can be high or low impact depending on your level, but ALL will come out of class with a strong midsection.

Fitness 360

A fusion of functional training, cardio bursts, free weights, TRX, Bosu, mat Pilates and Yoga to condition your body for optimal performance. Combining both explosive-athletic and low-impact exercises designed to improve balance, coordination, agility and core strength for all fitness levels. Modifications offered.

Spin Circuit

A heart pumping class with a unique combination of spinning and circuit training. During each session, you will engage in a series of exercises at designated stations, followed by a period of spinning. A mix of various fitness equipment will be incorporated to boost metabolism for optimal calorie burn. Modifications offered for all fitness levels.

Yoga Flow

A balanced flow customized each week to the clients in the studio. The practice aims to link breath to movement as we flow through yoga postures. Attention is given to proper alignment of the poses and empowering everyone to meet his/her edge. We begin class with standing postures to generate heat in the body and work on stability and strength. Then we melt on the mat for seated postures to stretch and restore. The practice is meant to heal, strengthen and detoxify the entire body while providing the student with the necessary tools to connect the mind, body and spirit in perfect harmony.

Body Weight Sculpt

Boost metabolism and build lean muscle mass as you move to upbeat music. During this 60 minute class, expect a fun and challenging mixture of body weight exercises, free weights, and cardio which will get your heart pumping. You will leave feeling energized and accomplished.