

Live Class Descriptions

-Bootcamp: (*Intermediate*) Experience a creative and challenging full body workout through the combination of strength and cardio based exercises that use a wide variety of equipment. This bootcamp will kick you into shape through a safe and strategic format.

-Cor/Abs: (*Beg/Int*) These workouts include a variety of core activities to improve your strength. Equipment is optional in this class.

-Mobility/Stretch: (*Beg/Int/Adv*) This 15-minute class is designed to be a break in your day or maybe even a break in between the workouts that come before and after this class! If you have a foam roller, bring it along!

-Turbo Lift: (*Beg/Int/Adv*) This 15-minute class is just what it sounds like! A quick workout targeting legs, abs, and arms. All levels welcome!

-Muscle Hustle: (*Int/Adv*) This class is great if you have 1 or 2 dumbbells or some other heavy object of choice! This class is designed to use weights and improve your muscle endurance and strength! Join in for a 30-minute weight-lifting session that will leave your entire body feeling stronger than ever!

-Midday Metcon: (*Int/Adv*) Improve your overall fitness as you work your way through exercises to improve your cardio, strength, endurance, and flexibility! Tough, but fun classes! Intermediate to advanced.

-Fit Basic: (*Beginner*) Class designed for those new to exercise, returning from a break, or in a recovery phase. Movements will be low impact, largely done standing or seated position.

-HIIT: (*Int/Adv*) Workouts involve bouts of high intensity effort followed by varied recovery times. H.I.I.T. workouts tend to burn more calories than traditional workouts.

-Gentle Yoga and Yoga Flow: (*Beg/Int*) The focus of these classes is on a different theme and yoga postures each session. Modifications are given for each pose.

-Chair Yoga: (*Beginner*) Using a chair as a prop, this class includes breathwork, flexibility, balance, and strength. A quarter of the class is done seated, and the rest will involve standing and balancing poses. Occasionally you will be lying down with the option to remain seated.

-Strength: (*Beg/Int/Adv*) This class will leave you feeling stronger than ever. With a mixture of dumbbell and body weight movements you are welcome to join in the fun. All levels are welcome.

-Cardio and Strength: (*Int/Adv*) This class is a mixture of the cardio blast class and the strength class. Be prepared for a mixture of weight-lifting and cardio movements.

Class Intensities:

Beginner (Beg): These are designed for beginners or recently returning to exercise after more than 3-month break. You should be able to sing a song while completing this workout. There will be no jumping and you can expect controlled transitions to the floor.

Intermediate (Int): These are designed for someone that has exercised regularly within the last 3 months. You should be able to speak a sentence while completing this workout. There will be jumping with modifications available, and you can expect controlled transitions to the floor.

Advanced (Adv): These are designed for someone that has exercised regularly and is looking for high intensity. You should be able to speak one or two words at a time between breaths during high intensity intervals. There will be jumping and quick transitions from the floor to standing.