

Group Exercise Class Descriptions

Indoor Cycle- This is a high intensity indoor cycling class. This class is taught using the latest trends in indoor cycling- push-ups on the bike, isolations, and sprinting. Upbeat music is incorporated to keep you moving and motivated! A heart rate monitor is highly recommended.

PLEASE arrive early for class to have your bike properly adjusted for a comfortable and safe ride.

Mindfulness/Yoga- These classes are mind/body classes that incorporate basic pilates and yoga exercises but with fluid movements. Proper breathing and relaxation techniques will also be practiced.

HIIT - These classes use plyometric moves throughout a circuit to achieve a total body workout. Some exercises included in this workout; burpees, power squats and not so regular pushups. HIIT(High Intensity Interval Training) principles are applied to these classes.

Circuit – Challenge yourself with this workout. Each circuit will contain exercises that are to be done for 45 seconds at 100% effort. With or without weights this is a great workout.

Check your email weekly for POP-UP classes that are not regularly on the schedule.

Please arrive on time for to warm up and cool down.