Mindfulness and Meditation - Mindfulness Training combines yoga poses and exercise movements with biomechanic awareness which are great for stress relief.

Bootcamp – Total body workout using various equipment such as the BOSU, barbells, and heavy rope.

Interval Training – This class is great for beginners to the advanced athlete. It includes moderate to high intensity effort followed by varied recovery. You get to work at your appropriate level.

Indoor Cycling and HIIT – High energy 30 minute bike workout followed by 15 minutes of full body strengthening drills.

Core – This class focuses on the abdominal and lower back region. The focus of this class is flexibility and strengthening of muscles in that region.