

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/Meditation- 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, Interval Training and Lunch Crunch- These classes use plyometric moves 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 also applied to these classes.

For your safety, please arrive on time to classes to get a proper warm up!

Please check with staff about class cancellations and Pop Up classes!