CLASS DESCRIPTIONS

ARMS + ABS: A focused 45-minute workout combining upper-body strength and core stability training to sculpt, tone, and build strength.
BOOTCAMP: A high-energy, full-body workout using a mix of equipment and bodyweight resistance for strength, endurance, and overall conditioning.
BUNS & GUNS: A low-impact sculpting class targeting the glutes, hips, and arms through controlled, toning movements.
CARDIO + CORE: A station-based workout combining intervals of cardio and core training to boost endurance and strengthen the midsection.
DANCE FITNESS: A fun, high-energy cardio class featuring easy-to-follow choreography set to upbeat music for all levels.
FLOW YOGA: A fluid yoga practice connecting movement and breath to enhance flexibility, balance, and mental focus.
KB SWING & SCULPT: A strength-focused class using kettlebells to develop power, stability, and functional movement control.
MAT PILATES: A mat-based workout emphasizing core strength, posture, balance, and flexibility through controlled movements.
POWER FLOW: A vigorous yoga sequence that builds strength, balance, flexibility, and focus through continuous movement.
SCULPT: A full-body strength workout using dumbbells, bands, and stability tools to tone and define every major muscle group.
SUNRISE CYCLE: A motivating early-morning ride designed to energize the body and boost endurance to start the day strong.
SWEAT & SCULPT: A combination of cardio and weighted movements that delivers a complete strength and endurance challenge.
TABATA: A high-intensity interval workout alternating 20 seconds of maximum effort with 10 seconds of rest for total-body conditioning.
TURNED UP: A 45-minute workout combining weights and high-intensity cardio for a fast-paced, full-body burn.
VIVE CYCLE: A structured indoor cycling session featuring resistance and speed intervals to build endurance and power.
YOGA: A balanced practice using poses, breathwork, and mindfulness to strengthen the body and calm the mind.

GROUP EXERCISE ETIQUETTE

- Please silence and store cell phones during class.
- Arrive on time- classes close five minutes after start.
- Respect personal space and wipe down equipment after use.
- Proper athletic attire and shoes are required.
- Please bring your own mat for Yoga and Pilates classes.
- Instructor and class schedules may change without notice.
- New participants should arrive 5–10 minutes early for setup assistance.

CHILD CARE HOURS

Mon–Sun: 8 AM – 11 AM
Mon–Wed: 4 PM – 7 PM

CLUB HOURS

Mon–Thurs: 5 AM – 10 PM
Friday: 5 AM – 8 PM
Saturday: 6 AM – 5 PM
Sunday: 6 AM – 4 PM