



meta: Cardio focused class that will get you sweat drenched workout & boost your METAbolism for hours afterward! Experience a unique blend of cardio that may include bodyweight movements, self-powered treadmills, skiers, Gladiator Walls, air bikes, slam balls, battle ropes & MORE! *100% cardio*



boxing burn: The goal of this cardio and skill based class is to burn calories, learn boxing, and have fun sweating it out!! Utilizing heavy bags, double end bags, uppercut bags, and partner focus mitts, as well as bodyweight conditioning movements. *100% Cardio*



werq®: A fiercely fun dance fitness class based on your favorite dance, pop, and hip-hop music. You will be shakin', movin' & drop'n it like it's hot! No dance experience necessary!



zumba fit®: A Latin-inspired, calorie-burning, interval workout dance party. This class moves between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance!



shredded: This low impact strength-based class is designed to build lean muscle mass using both traditional and non traditional strength training equipment. Each class is a full body workout. *90% strength / 10% cardio*



core: A strong body must have a strong core, lets build that foundation! Your core is a complex series of muscles, extending far beyond your abs. It's Incorporated in almost every movement of the human body. *100% strength*



suspension: Strength-based class leveraging gravity & your bodyweight to increase strength, balance, flexibility & core stability simultaneously. *100% strength*



target 6: A power-packed, low impact strength-based workout to target six key areas of the body: arms, back, chest, shoulders, glutes and legs. *100% strength*



gravity fit: Defy gravity using hammocks, the wall, and bars suspended from the ceiling while you work through specialized push and pull movements. This class is unlike any other fitness class you've taken and will challenge your mind and body in unique ways! *100% strength*

swat: sweat. work. accelerate. transform. A circuit training workout that will take your cardio & strength to the next level! SWEAT IT OUT on air bikes, rowers, HIITmills, and SkiErg's; then BUILD MUSCLE using monkey bars, suspension trainers, dumbbells, and more! *50% cardio / 50% strength*



warrior: The goal of this fast paced cardio & strength based class is to bring out your inner warrior! We'll continually challenge your body with new movement patterns that'll test the limits of your strength & endurance. *50% cardio / 50% strength*



yoga flow: A vinyasa-style class, focused on aligning breath with movement to strengthen your body, mind, and focus. Expect to find: power flows, balance, core strengthening, breathing techniques, and more.



yoga recover: a relaxing sequence of breath-infused stretch flows meant to release tension, "untangle" knots and restore energy. This is the perfect recovery day workout plan that will leave you refreshed and rejuvenated!



-- All levels welcome --

compression therapy: Compression therapy uses compressed air to massage your feet, legs, and hips. Regular use will speed up recovery time between workouts, improve circulation in the extremities and reduce muscle soreness.

Class Formats





Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM swat (45min) Fred	5:30AM meta (45min) Fred	5:30AM shredded (45min) Fred	5:30AM warrior (45min) Stefanie	5:30AM swat (45min) Hayden	8:30AM swat (45min) Fred	
6:20AM shredded (45min) Fred	6:20AM warrior (45min) Fred	6:20AM swat (45min) Fred	6:20AM meta (45min) Stefanie	6:20AM shredded (45min) Hayden	9:40AM bags n bells (45min) Fred	9:00AM shredded (30min) Julie
7:10AM swat (45min) Fred	7:10AM boxing burn (45min) Fred	7:10am shredded (45min) Fred	7:10AM warrior (45min) Stefanie	7:10AM swat (45min) Hayden	9:40AM swat (45min) Jeremy	9:30AM yoga recover (60min)
8:00AM swat (45min) Stefanie			8:00am yoga flow (60min) Stefanie	8:00AM shredded (45min) Hayden		
					10AM werq® (60min) Allison	
		11:30am yoga flow (60min) Stefanie				
12:00PM shredded (45min) Stefanie	12:00AM swat (45min) Hayden	12:00PM shredded (45min) Hayden	12:00PM meta (45min) Stefanie	12:00PM swat (45min) Stefanie	10:30AM meta (45min) Fred	10:30am warrior (45min) Julie
					10:30AM swat (45min) Jeremy	
4:50PM swat (30min) Robert	4:50PM target 6 (30min) Robert	4:50PM swat (30min) Hayden	4:50PM throwback (30min) Hayden	4:50PM swat (30min) Julia	11:20AM boxing burn (45min) Fred	11:30am shredded (45min) Julie
5:30PM swat (30min) Hayden	5:30pm swat (45min) Mary	5:30PM target 6 (30min) Julie	5:30PM core (30min) Hayden		11:20PM swat** (45min) Jeremy	
5:30PM shredded (60min) Robert	5:30PM bags n bells (45min) Courtney	5:30PM meta (60min) Julia	5:30PM warrior (60min) Fred	5:30PM shredded (45min) Julia		
5:30PM yoga flow (60min) Morgan	5:30PM yoga recover (45min) Robert	5:30PM shredded (45min) Hayden		5:30PM yoga flow (60min) Morgan	12:10AM shredded (45min) Jeremy	5:00PM yoga flow (60min) Stefanie
6:10PM swat (45min) Hayden	6:20PM gravity fit (45min) Robert	6:10PM core (30min) Julie	6:10pm swat (45min) Hayden		12:10PM suspension (45min) Fred	
	6:20PM meta (45min) Mary	6:20PM shredded (45min) Hayden				
6:40PM werq® (60min) Allison	6:40PM zumba (60min) Lidia		6:40PM werq® (60min) Allison			
6:40PM boxing series* (45min) Robert			6:40PM boxing burn (45min) Fred			
7:00PM swat (45min) Hayden	7:10PM meta (45min) Mary	7:10PM bags n bells (45min) Hayden	7:00PM swat (45min) Hayden			

* Performance series
** Free community class

Cardio	Hybrid (Metabolic Conditioning)
Strength	Yoga