



**workout.**

**recover.**

**repeat.**

**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*



**ignite:** The goal of this cardio focused class is simple: get a sweat drenched cardio workout that'll boost your metabolism for hours afterward! Experience a unique blend of cardio that may include bodyweight movements, self-powered treadmills, skiers, air bikes, agility drills, battle ropes and SO MUCH 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. *90% Cardio / 10% Strength*



**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*

**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!



**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!



**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 will challenge your mind and body in unique ways! *100% strength*



**primal movement:** Build core strength, agility, mobility, balance, and body awareness with ground-based bodyweight movements. Explore movement as a practice in itself and build the foundation to explore your body's capabilities. This class may include mobility/flexibility drills, crawls, rolls, basic arm balances, and bodyweight strength movements, and various bodyweight skills. This class is great for anyone looking to improve their core strength, flexibility, mobility, and overall athleticism.

**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.

**InBody scan:** Body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. With your results sheet you can track your progress and monitor your health with accuracy and ease.

-- All levels welcome -- 🔥 Signature class --

# Class Formats

Conditioning	Strength	Yoga	Specialty
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