

MORNING CLASSES

FIT BODY BOOT CAMP

Circuit-style training including a variety of exercise that utilize functional body weight movements to improve endurance.

TUESDAY, THURSDAY

6:00-6:45 am

AFTERNOON CLASSES

LES MILLS GRIT

High Intensity Interval Training that uses barbell, weight plate and body weight exercises to blast all major muscle groups

WEDNESDAY

4:00 PM-4:30 PM

EVENING CLASSES



Yoga

A balance of strength and flexibility in the body, while paying attention to you breath, resulting in more awareness and relaxation.

MONDAY

6:30-7:30pm



LES MILLS BODYPUMP

Total body workout using light to moderate weights with lots of repetition.

MONDAY, WEDNESDAY

5:30-6:30 pm

****Every other Saturday-****Alternates with RPM-9:00-10:00 AM**

LES MILLS RPM

Cycling workout that delivers maximum impact on your joints.

TUESDAY, THURSDAY

5:30-6:30 pm

FRIDAY

5:15-5:45pm

****Every other Saturday-Alternates
with Body Pump- 9:00 -10:00 AM**