

Class Descriptions



Strength & Core: A combination of weight work and core exercise. Strengthen the body's center while toning up the peripherals.



Yoga: Yoga is a practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present. Beginner to advanced levels welcome. Participants must bring their own yoga mat.



Boot Camp: Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. All fitness Levels welcome.