Mindful Yoga: This relaxing and gentle yoga class brings a strong focus to breath work and mindful movement. Great for those looking for a more meditative practice.

Sunrise Yoga: Flow through an early morning gentle yoga class. This class is taken at a slower pace, and will encourage you to start your day on the best note possible.

Vinyasa Yoga: Connect the mind and body seamlessly through a series of both standing and floor postures. Feel strong, invigorated, and refreshed while you lengthen and strengthen your entire body. Great for new and experienced yogis.

Power Yoga: This class uses the mind-body connection to create an invigorating, heat-producing practice with flowing sequences and dynamic standing postures. Great for those who have experienced yoga before.

PiYo: This music-driven workout is inspired by the mind-body practices of Pilates and Yoga. PiYo includes flexibility training, strength training, conditioning, and dynamic movement all in one.

Koru Mindfulness and Meditation: Koru is an evidence-based program to help in the reduction of stress and anxiety while also increasing one’s sleep and self compassion. Drop into this class ready to relax!

RIPPED®: This total body, high intensity workout utilizes free weights, resistance and your own body weight. Get the ultimate cardio and strength workout using resistance, intervals, plyometrics, power, and endurance!

Battle Ropes: Make waves to reach your fitness goals! This rope-inspired complete body workout mixes high-intensity interval training, strength training and speed and agility to help you reach your fitness goals.

Total Body Circuit: This more advanced, complete body workout uses intervals, circuits, and partner work to help you reach your fitness goals. Perfect for those looking to take their workout to the next level.

Total Body Sculpt: This is your complete body resistance training class. Enjoy full-body strength and endurance exercises to help you reach your fitness goals!

Upper Body Sculpt: This is your upper body resistance training class. Enjoy upper-body strength and endurance exercises to help you reach your fitness goals!

Lower Body Sculpt: This is your lower body resistance training class. Enjoy lower-body strength and endurance exercises to help you reach your fitness goals!

Core: With a strong core comes a strong body! This 25 minute core-focused class will target the abdominals, obliques, erector spinae and other core stabilizing muscle groups.

HIIT (High-Intensity Interval Training): This complete-body workout uses interval training and your own body weight to build cardiovascular endurance. All levels are welcome to this 25 minute class!

TRX®: Come enjoy a boot-camp style workout on the TRX! This class will involve various strength and cardio intervals designed to challenge your body to the limit!

Kickboxing: Kickboxing is a fun and high-intensity cardio class that uses a series of combinations including punches, kicks and athletic moves to build your cardio endurance. No experience necessary for this upbeat workout!

Hip Hop Cardio: Lose your inhibitions and get fit to the beat! Whether you think you can dance or not, we’ll get your body grooving to fresh dance combinations sure to keep you coming back each week. No dance experience necessary!

ZUMBA®: The fusion of Latin and International dance moves create a dynamic, exciting and effective fitness system. The routines feature aerobic interval training with a combination of easy to follow dance steps that get your body moving!

Queenax: Use the Queenax for an all-in-one workout that wraps together strength training, agility, core, and plyometrics for one fantastic workout! Your instructor will use a variety of equipment, techniques, and even games to keep you guessing each time you show up.

Cycle: This high-intensity class incorporates hills, flats, and speed work all set to music and/or timed intervals to increase your heart rate. All levels are welcome! If you’re new to cycling, come a few minutes early and we’ll get your bike set up! (25, 45, and 50 minutes)

Performance Cycle: This performance based class incorporates Classic Cycle with Stages Flight. See your bike data on the big screen in the studio and receive post-ride emails! Don’t want to see your information on the screen? That’s alright, we can hide it. Book your bike ahead of time to get your favorite spot in the studio. (25, 45, and 50 minutes)