



Fitness Classes

CORE BLAST

Our 'Core Blast' targets the upper core, lower core and obliques through a mix of non-stop core exercises and high intensity interval training.

AQUA H.I.I.T

High Intensity Interval Training with aquatic weights. This class works each muscle group, focusing on increasing your strength and aerobic capacity at the same time!

BOX FIT

Box Fit focuses working up a sweat with classic boxing techniques. This class will cover basic boxing combinations and will range from power punching to speed. Mixed in with cardio and body weighted exercises, this class will get your heart rate up!

FULL BODY H.I.I.T

The full body workout uses a High Intensity Interval Training technique to focus on working all major muscle groups as hard and as fast as you can. Whether gaining strength is your focus, or increasing your aerobic levels, our Full Body HIIT class will get you there!

POWER YOGA

This class introduces foundational yoga postures, teaches you how to breathe, and delves into many types of yoga, including Yin (a slower paced yoga for joint health, flexibility, circulation, and mental focus) and Vinyasa (a powerful flow class where you will breathe, focus, move, stretch and balance).



Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 – 7:00	Core Blast	Aqua H.I.I.T	Full Body H.I.I.T	Core Blast	
7:00 – 7:30	Core Blast			Core Blast	Power Yoga
11:00 – 11:30		Box Fit		Full Body H.I.I.T	
12:15 – 13:00	Power Yoga		Power Yoga		
12:30 – 13:00		Aqua H.I.I.T		Aqua H.I.I.T	