

Group Fitness

Mon./Wed./Fri.



FUSION: 5:15am-6:00am

EPHIT: 9:00am-10:00am

RIPPED: 9:15am-10:15am

Mon./Wed.



Restorative Yoga:
5:30pm-6:30pm

Tues./Thurs



Cycle Fit: 5:15am-6:00am

Sunrise Flow: 6:00am-6:45am

EPHIT: 5:30pm-6:30pm

EPHIT	This 60-minute high-intensity CrossFit style class challenges participants with constant variety in every workout. Class can be modified for all participants.
Cycle Fit	Cycle Fit is a 45-minute low impact cardio-based class on a stationary bike. All levels are welcome.
FUSION	Fusion is a 45-minute class that combines targeted strength training and cardio-based exercises. Recommended for all fitness levels.
RIPPED	This is a 60-minute barbell program for all ages and fitness levels. Matching movement to music this class targets all major muscle groups using traditional strength training moves.
Restorative Yoga	This 1-hour restorative yoga class is a restful practice that is all about slowing down and opening your body through passive stretching. This class will focus on rest, relaxation and easy flow stretching.
Sunrise Flow	Sunrise Flow is 45-minutes of gentle yoga that's perfect for all fitness levels – ease your overactive mind, while reconnecting body and breath. Sunrise Flow provides a lasting sense of calm and wellbeing.

HOURS

Monday-Thursday 5:00am-7:00pm

Friday 5:00am-5:30pm

Saturday 7:00am-12:00pm

Sunday CLOSED

Yoga classes begin June 6th, 2022.

