



FITNESS DESCRIPTIONS

Barre A toning, body-weight-lifting workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles (no ballet experience required)

Body Sculpt A low impact, muscle-toning class which will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section. Equipment may be suggested but not required. All levels welcome.

Wall Pilates Step away from the mat and take your Pilates practice to new heights with our innovative Wall Pilates class. Discover the incredible benefits of leveraging the wall as a prop to deepen your stretches, enhance your strength, and achieve optimal alignment.

Pitaiyo A timer based 45 minute class. The format stays the same, the exercises change weekly. The class starts with slow movement and breath work of tai chi, followed by yoga, cardio, then upper and lower body strength. The workout concludes with pilates core work, stretching and ends with a meditation.

WARRIOR Rhythm™ Fitness-focused with yoga undertones - increases strength, flexibility, and balance. It's yoga+weights+mindfulness rolled into one insanely rhythmic experience! Unconventional yoga flows and unforgettable playlists.