

Class Descriptions



WELL BUILT

This strength focused interval class is designed to work all major muscle groups in your body. We utilize a variety of equipment including dumbbells, BOSUs, exercise balls to improve muscular power, strength, endurance, and balance. This class is modifiable for all fitness levels.

FUNCTIONAL YOGA

This class begins by finding a greater connection to our bodies through self guided massage, followed with functional mobility techniques for ankles, hips, shoulders and spine, transitioning to flowing through broader movements and yoga poses finishing with a nourishing rest for recovery.

