

HIIT:

This total-body Hybrid HIIT workout combines cardio and bodyweight moves with modalities like Bosu, free weights, medicine/exercise balls, etc. You'll rotate through multiple classic HIIT moves as well as combined variations (aka hybrid) of exercises that target your legs, glutes, core, and upper body that, together, will help you feel fitter, fast!

Spin:

Indoor cycling provides a fun and challenging cardiovascular workout for all ages & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

Circuit Training:

A combination of strength training, core work, and cardio exercises with short rest periods between them for either a set number of repetitions or a prescribed amount of time. Ending class with active stretching and cool down.

Cardio Dance:

Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Super effective? Check. Super fun? Check and check.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Power Hour:

One hour of exercise is just 4% of your day, make it count! Touching on key aspects of physical fitness- mobility, strength and endurance, this class gives you a little bit of everything in limited time, including a good sweat!

Confident Core:

Your core is your body's powerhouse, let's optimize it! Using a combination of isolated activation and dynamic full-body movements, we will activate and strengthen the core at a variety of tempos and in different scenarios. Core control is the focus but our body operates as one unit, so this class will focus on full-body workouts while maintaining excellent alignment to keep you ready for whatever moves mountain life throws at you!

Boot Camp:

Working your core, legs, and arms, the triple threat class is sure to get your muscles fired up by the end of class! We will mix together elements of strength and endurance based training at a fast pace, so you'll be breathing hard and getting stronger by the minute.

Each class will look a little different, from the exercises to the format, so look no further if you want a group fitness class that changes pace every week!