

Group Fitness Class Descriptions

Virtual Cycle Express

Cycle Express is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Cycle Express is a 30-minute class. Equipment: Bikes provided. We recommend that you wear comfortable clothes, and athletic shoes.

Virtual Boxing

Boxing is an instructional and high energy class. Learn proper boxing technique that you will apply in practical situations. Each class will include a variety of bag work, shadowboxing, partner work, footwork, cardio, and other strength-based exercises. Equipment/Space recommendations: We recommend that you wear comfortable clothes, and athletic shoes. Please bring your own boxing gloves and hand wraps if you have them.

Virtual Cycle Rush

Cycle Rush is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Cycle Express is a 45-minute class. Equipment: Bikes provided. We recommend that you wear comfortable clothes, and athletic shoes.

Virtual Pilates-Yoga Fusion

Pilates-Yoga Fusion is a dynamic class that will combine flowing yoga movements with Pilates exercises to strengthen and lengthen your body. Equipment/Space Recommendations: We provide mats, yoga balls, yoga blocks, bands, dumbbells, etc.

Virtual HIIT

HIIT is a combination of athletic based strength and cardio movements in a circuit training format. This full body workout will incorporate a variety of equipment and activities to achieve all-around fitness. Equipment/Space Recommendations: We will use a variety of equipment for this class that may include dumbbells, mats, jump ropes, bands, etc.

Virtual Zumba

A fusion of Latin and International music/dance themes that create a dynamic and exciting environment. Based on the principles that a workout should be "fun and easy to do". The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Equipment/Space Recommendations: We recommend that you wear comfortable clothes, and athletic shoes.