

GROUPFIT CLASSES

BANDFIT+

Strengthen and tone your glutes, hips, and core with joint-friendly resistance bands and mat exercises.

BARRE

Strengthen glutes, hips, and core with low-impact, joint-friendly resistance band and mat work.

BEATBURN

A fun, high-energy workout blending dance, cardio, kickboxing, and HIIT to sweat and burn calories!

BOLLYWOOD

A high-energy Indian dance cardio workout designed to boost endurance, coordination, and muscle tone.

BOOTCAMP

Join us for a fun, challenging workout with Tabata, EMOMs, and games—prepare to sweat!

EXTREMEFIT

A challenging strength and functional workout using dumbbells, barbells, and bodyweight to boost your heart rate.

FUNCTIONALFIT

A total-body, light-weight workout to build muscle tone, improve balance, and enhance everyday movement.

GETFIT

Build strength, burn fat, and boost overall fitness using dumbbells, barbells, and bodyweight exercises.

HIITFIT

A high-energy interval, plyometric, and resistance class to boost heart health and burn calories.

LIFEFIT

A full hour of fun, engaging training focused on balance, strength, core, mobility, and conditioning.

STEPFIT

A high-energy, low-impact step workout to boost heart health, burn calories, and tone your lower body.

UPPERBODYFIT

Target back, shoulders, chest, arms, and core—the perfect strength add-on after StepFit!

WHOLEFIT

A full-body strength class for all levels featuring lifts, accessory work, core conditioning, and customizable intensity.

YOGA

A flow-based yoga class tying breath to movement to strengthen, lengthen, and stretch your body.

ZUMBA

An energetic dance workout using toning sticks to sculpt arms, core, and lower body.