

FITNESS CLASSES

12:10 PM - 12:50 PM

MONDAY - Circuit Training

A circuit training workout using Nautilus machines involves a series of timed or rep-based exercises on various Nautilus resistance machines, targeting different muscle groups, with minimal rest between stations to provide a comprehensive and efficient full-body strength and conditioning workout.

Located on 2nd floor.

TUESDAY - Upper Body Sculpting

An upper body sculpting group fitness class is a structured workout session focused on toning and strengthening the muscles of the upper body, including the arms, chest, shoulders, and back, using a variety of resistance exercises and equipment. Located on the 4th floor.

WEDNESDAY - Boot Camp

A boot camp-style workout is an intense and structured fitness session that combines various high-intensity exercises such as calisthenics, cardio drills, and strength training, conducted in a group setting to promote teamwork and motivation. Located on the 4th floor.

THURSDAY - Lower Body Sculpting

A lower body sculpting group fitness class is a structured workout session dedicated to toning and strengthening the muscles of the lower body, including the legs, glutes, and core, utilizing a combination of resistance training and targeted exercises. Located on the 4th floor.

FRIDAY - Movement / Stretching

A stretching workout class is a session designed to improve flexibility, reduce muscle tension, and enhance overall range of motion through a series of static and dynamic stretching exercises, promoting relaxation and improved mobility. Located on the 4th floor.

A step workout class is a high-energy fitness session that utilizes a raised platform or step to perform a variety of rhythmic aerobic movements and lower body exercises, enhancing cardiovascular endurance and lower body strength. Located on the 4th floor.