

Class	Description
Full Body Stretch	Need a break from the office and sitting at your desk? Come down to the fitness center to get some full body stretching in during your long work day.
Circuit Training	If you're interested in circuit style workouts, then come join us for this class! Keeping your heartrate up while challenging your whole body is what this class is all about.
Total Body Boost	This class is designed to target major muscle groups, helping you build strength, improve endurance, and elevate your overall fitness level.
Bootcamp	Do you need to be pushed and motivated to new levels? Try Boot Camp! This class combines cardio, weights, and bodyweight training to improve strength and cardiovascular endurance!
Upper Body Blast	This class will exhaust the muscles of your upper body. This includes your shoulders, biceps, triceps, chest, upper back & core.
Yoga	In this class you will get to do yoga with Hope! Focused on bringing your mind and body together that is not only relaxing, but a great get away from the office.
Intro to Lifting	Come learn the basics to lifting, the proper form, and how to improve your strength through simple, yet effective movements.
Mobility	Struggling with moving? Do you have extra tightness in your muscles? Come improve your mobility throughout your whole body.
Bring a Buddy Burn	Grab a buddy and get ready to burn! Join us for a fun, 30-minute workout where you'll team up for a mix of strength and cardio exercises. Be sure to bring a partner--this class is all about working together to push each other to the next level!