



High Definition Small Group Training Schedule

Monday

6:00pm:
Boot Kamp
7:00pm:
ShotoBody

Tuesday

6:30am:
ShotoCamp
9:00am:
Circuit Fit
5:00pm:
CardioSport
6:00pm:
Barre
7:00pm:
Power Vinyasa Yoga

Wednesday

6:00am:
Trx- Level Two
12:00pm:
All Abs
6:00pm:
Boot Kamp
6:00pm:
Power Kick
(Studio D)

Thursday

9:00am:
Body Strength
5:00pm:
CardioSport

Saturday

10:00am:
Spartan Group Exercise
11:30am:
Trx- Level One

Small Group Class Descriptions

Classes range from 30-55 minutes in length

All Abs: Everybody wants better abs! Strong abs contribute to overall core strength. A hit em hard workout firming up transverse, obliques, and rectus abdominus. Arms are not exempt!

Barre: No dance experience needed! A ballet inspired workout using body weight, core stability exercises, and balance combinations. Improve posture, develop muscle awareness, and sculpt your body to great dance music!

Body Strength: Flowing style of Hatha Yoga that fuses with various bodyweight exercises to enhance muscular flexibility, core strength, balance, and flexibility.

Boot Kamp: A boot camp style circuit training using high intensity, full body interval training. we use multiple training techniques for optimal results!

Cardio Sport: Comprehensive group adventure that uniquely integrates interval training technique with compound sports related movements in an unparalleled inspiring environment

Circuit Fit: A fun, high intensity full body workout using various exercise tools. This always changing and challenging workout is welcome to all levels.

Power Kick: No contact kick boxing and strength class including cardio and strength drills & combos. Jab, hook, lift, and kick your way to increased endurance, strength, and agility with power!

Power Vinyasa Yoga: Powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

ShotoBody: Aerobic, strength and conditioning class mixing Shotokan karate techniques and calisthenics. Not advised for those with joint concerns.

ShotoCamp: A full body boot camp style circuit training that includes karate techniques along with fun fitness tools!

Spartan Group Ex: For those interested in competing in obstacle course racing or looking for a physical or mental challenge. Includes cardio and strength drills.

TRX Level 1: Beginner suspension workout combined with light cardio drills to develop strength, balance, tone, and core stability.

TRX Level 2: Advances suspension workout combines with moderate cardio drills to develop strength, balance, tone, and core stability.