

Class	Length	Description
<p style="text-align: center;"><b>Yoga</b></p> <p style="text-align: center;">M – TH 6:45 – 7:45pm W 6:15 – 7:15am Saturday 10:30 – 11:30am</p>	<p style="text-align: center;"><b>60 Mins</b></p>	<p style="text-align: center;">This class focuses on the fundamental postures of Yoga combining breathing and movement. You will learn how to move with intention and build strength and flexibility. This class is for any age, shape or size to experience the many benefits of Yoga.</p>
<p style="text-align: center;"><b>Rowing</b></p> <p style="text-align: center;">T &amp; TH 5 – 5:30pm</p>	<p style="text-align: center;"><b>30 Mins</b></p>	<p style="text-align: center;">Intense rowing combined with core training, interval training, and weight bearing exercises such as push-ups, planks, weight training etc.</p>
<p style="text-align: center;"><b>Barre</b></p> <p style="text-align: center;">M &amp; W 5:30 – 6:30pm</p>	<p style="text-align: center;"><b>60 Mins</b></p>	<p style="text-align: center;">Classes begin with a warmup focusing on postural strength and alignment, followed by a series of lower and upper body exercises which aim to develop long lean muscles.</p>
<p style="text-align: center;"><b>Kickboxing</b></p> <p style="text-align: center;">T &amp; TH 5:30 – 6:30pm</p>	<p style="text-align: center;"><b>60 Mins</b></p>	<p style="text-align: center;">Three 10 minute rounds of nonstop kicking, punching, pushups, squats, etc. Followed by 5-10 minutes of intense core work.</p>
<p style="text-align: center;"><b>Spin</b></p> <p style="text-align: center;">M &amp; W 5 – 5:30pm</p>	<p style="text-align: center;"><b>30 Mins</b></p>	<p style="text-align: center;">This class stimulates outdoor cycling with hills and flats by incorporating various intervals of strength and endurance.  All levels are welcome.</p>