

CLASS DESCRIPTIONS

Bootcamp- A total body functional fitness workout that will challenge while building strength and cardiovascular endurance using body weight, various equipment and TRX.

Cobalt X- A workout created by Rise Fitness to make you leaner and tighter. A Bootcamp, HIIT-type cardio/strength workout that takes you to a higher level.

LIFT- "Lifting + Interval Fitness Training" A class focusing on strength and endurance with cardio intervals and core work to add intensity.

Spinning®/Studio Cycling- A class simulating outdoor cycling indoors. From flat terrain to mountain peaks. From beginners to athletes-guaranteed a great ride.

Spin Strength- This one hour class combines the cardiovascular benefits of spinning with the strength benefits of utilizing weights.

Spin Stretch- This one hour class combines the cardiovascular benefits of spinning with improving mechanical efficiency and overall functional performance through stretching.

Strength Circuit- A rigorous training sequence designed to breakthrough plateaus and promote strength building and muscular endurance.

Sweat Roulette- Varied formats that will include strength, cardio, toning, flexibility and more.

Zumba®- A high-energy fitness program featuring movements inspired with various styles of International and Latin American dance and performed to a wide variety of dance music. It's not just an exercise class-It's A Party!!!!