



FITNESS DESCRIPTIONS

Barre A toning, body-weight-lifting workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles (no ballet experience required)

Body Sculpt A low impact, muscle-toning class which will sculpt you into shape quickly and effectively! Tone your arms, legs and get a rock-solid mid-section. Equipment may be suggested but not required. All levels welcome.

Mat Pilates Core Through a fusion of classical Pilates techniques and contemporary exercises, you'll discover the transformative benefits of engaging your core muscles in every movement. Whether you're a beginner or seasoned practitioner, our instructor provides personalized guidance and modifications to ensure a safe and effective workout experience for all.

Pitaiyo A timer based 45 minute class. The format stays the same, the exercises change weekly. The class starts with slow movement and breath work of tai chi, followed by yoga, cardio, then upper and lower body strength. The workout concludes with pilates core work, stretching and ends with a meditation.

WARRIOR Rhythm™ Sculpt Fitness-focused with yoga undertones - increases strength, flexibility, and balance. It's yoga+weights+mindfulness rolled into one insanely rhythmic experience! Unconventional yoga flows and unforgettable playlists.