

Strides 360 Pop Up: FIT4MOMS Palm Beach

Enjoy a 60-minute functional total body conditioning workout comprised of strength training, cardio and core restoration. These workouts are designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life.



Lunch and Crunch: Coach Posh

A 30-minute workout can be all you need to improve flexibility, build muscle, burn calories, and release stress. Perfect for those packed schedules!



Power Hour: Erin Murphy

This “Beats and Bands” workout led by Erin Murphy, is a 45-minute full body HIIT class with resistance bands and good music!



Waterfront Workout: Fabiana

Pilates Fusion: Say goodbye to the bulk and hello to a sculpted physique with this captivating class! From feeling the burn to discovering muscles you never knew you had, this invigorating 60-minute workout will help you sweat away those calories while working towards a toned powerhouse.



Waterfront Workout: Fabiana

Fit & Furious: Get ready for an addictively fun 60-minute high-intensity interval training session that will push your calorie burn to the max. This workout combines explosive movements and body weight exercises to target those power muscles and boost your cardiovascular health.

