



Jade Wonzon

Join Jade for a Vinyasa yoga session. Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

Erin Murphy

Join Erin for “Beats and Bands,” a full body HIIT class with resistance bands and good music!





Fabiana D'Antonio

Enjoy an addictive + fun 45-minute high-intensity interval training workout that will maximize calorie burn. Through explosive and body weight movements, the exercises will target power muscles and increase cardiovascular health. Let's achieve Fit & Furious gains to transform your mind + body.



Mish Issa

Get ready to move in this Zumba class. Zumba is a fitness program that involves cardio and Latin-inspired dance.