

Ground Hog Spin... Join in on an hour long spin in honor of Punxsutawney Phil!

Liquid Bootcamp... Submerge yourself in a liquid weight tank! This fast paced class combines heart pounding sports cardio drills with short intervals of strength training. No sign-up necessary for this army!

Cupid Spin... Dr Love, aka Jeff, will take you on an all-terrain ride! Ride starts at the Love Shack!

Yin Yoga... A specific form that consists of long held passive postures, allowing deep layers of constricted tissues to unblock by gentle pressure on the fascia, particularly around the hips & lower back. The slow pace creates a restful, nourishing yoga experience.

Yoga Flow... All postures will be sequenced into a fluid series.

Zumba Party... Join Amie & Rodolfo for a big dance party, it's a Zumba Party... you & a guest are invited! *All guest fees waived!*

Power Plate for All... Learn the ways to start, progress, & challenge your workout on our newest tool!

Power Plate for Dummies... Learn the proper tips for using the Power Plate!

Take It Off... See how the Take It Off weight-loss Program can help improve your workout progress!

Advanced Cardio to Take It Off... See how to challenge your cardio workout to increase caloric and fat burn!

I Lost it at the Club!... Begins Monday, February 1st, 2010

Lose 20 in 10!... See how the Take It Off weight-loss Program can work for you!