

Clinics & Mini Rides... Join in on these 15 - 20-min clinics followed by a 20 - 25-min spin!

Happy Hour Spin... Instead of sitting at a bar stool, Jeff will have you riding up hills and sprinting on the flats. You will build up quite a thirst (for water that is!) Enjoy!

Intro to Step... Basic stepping designed to get your heart rate in its fat burning zone without all the “fancy or complicated choreography!”

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!

March Madness Spin... See how mad you'll go with this extra long spinning class! You may go a bit crazy!

Principle of Pilates... Perfect for the beginner or experienced Pilates participant looking to perfect their form or ask questions

Urban Strip Tease... This class takes some of the basic moves of the strip tease & combines them with aerobic elements to create a fun, energizing & sexy workout. Girls club- Women Only!

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... Sat. March 6th - 3 Fabulous instructors - One great class! Join Rodolfo, Nikki, and Amie for a fun-filled morning! *All guests welcome! Guest fees waived for 1st time guests only!*

Group Centergy... Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60-min journey of yoga and Pilates movements. Positive, uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress, and even smile! Discover Group Centergy!

The 5 Point Movement Screen... The purpose of this screening is to determine how flexible, agile, and stable you are. These screenings look at important movement patterns we need for our daily function and show us where we need to focus.

Berg Balance Test... Balance is incredibly important. This simple series of movements will help determine exactly how your balance is.

Women / Men Test Your Strength... Our trainer will take you through several exercises and assess exactly how strong you are right now and what you can do to improve your strength.

Body Fat Percentage (with Calipers)... What percentage of your body is lean muscle and what percentage is fat? Our trainer will take your measurements and show you what range you should be in.

B.E.I. Testing... This machine measures your body fat percentage, lean muscle percentage, and your hydration levels. Find out where you are and set a goal to where you would like to be!

Presidential Fitness Test... You did it in grade school, revisit the test now and see how you do!

Army / Marine Corps Physical Fitness Test... Would you make it through boot camp? Do the exact same fitness test our soldiers do!

Heart Rate Recovery Test... This 3-minute test can tell you how efficiently your heart rate recovers after activity.

Combine Training... Do the exact drills that the newly recruited NFL players are doing!

I Lost it at the Club!... Keep up the hard work! Weigh-out March 29th - April 4th!

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