Group Fitness Classes

Level Up Training, Lift and yoga classes available throughout the day to fit your scedule

- Level Up Training
- Lift Class
- Yoga

Level Up Training

Level Up your fitness with our heart rate-focused functional fitness class, seamlessly integrating *cardio* and *functional training* to enhance everyday movement and overall vitality. **All Fitness Levels welcome!!!** All Classes (45mins)


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Lift Class

Learn to master the form needed to safely perform various weight-lifting exercises.

BUILD STRENGTH, POWER, and LEAN MUSCLE.

All Fitness Levels welcome!!! (45mins)



Yoga

This session is designed for all levels!!!

From beginners to advanced practitioners, to create a balance between mind, body, and spirit.

Combining breath control, meditation, and physical postures will enhance your flexibility, strength, and inner peace. (45mins)