

A ONE TO ONE FITNESS STUDIO

CYCLE & MORE!

Boxing	This high intensity interval training (HIIT) class combines heavy bag work, high intensity and agility drills, strength training, hand-eye
Bootcamp	coordination and core work all while learning how to punch like a pro. You are going to burn a ton of calories while having a blast! Please
	note that gloves and 180" hand wraps are required for this class (both are for sale or rent in our boutique).
Cardio, Core &	This interval training conditioning class uses a variety of equipment, including boxing, dumbbells, medicine balls, bands, TRX, battle rope,
Conditioning	bosu balls, and more to blend aerobic activities and strength training for an intense (and fun) workout that will improve your cardio and core
	conditioning while also improving your muscular endurance.
Cardio	Cardio Kickboxing is an interval training class that incorporates punches and kicks to get your heart rate up! You'll combine jabs, crosses,
Kickboxing	hooks, and uppercuts, and a variety of kicks along with other HIIT exercises for a fun and effective high intensity interval training workout.
	Combinations are broken down so that everyone from beginner to advanced are welcome.
Cycle Flow	The perfect combination for a well-rounded workout. Start with a challenging cycle class consisting of rhythmic and cycle-specific drills
	followed by Vinyasa Flow (Yoga). Smoothly transition one pose to another to make a sequence while connecting movement and breath,
	incorporating strength and muscular endurance, and holding postures for flexibility. Participants are welcome to come to either or both of
	the sessions.
Cycle Hip Hop	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to
	the beat of the music using hill climbs, varying resistance, and fast cadences all to the beat of hip hop and R&B music.
HIIT	You are going to love this class as you give all-out, exhaustive physical effort for a short time (45 seconds at a time) followed by a short,
	sometimes active, recovery period. Training this way will help you torch calories, build lean muscle, lose fat, push your limits and increase
	efficiency. This class combines the use of body weight with dumbbells, ropes and other exercise equipment.
Power Cycle /	The perfect combination for a well-rounded workout. Come to either part, or both! Start with a heart pumping, motivating 45-min cycle class
Power Flow	consisting of rhythmic and cycle-specific drills. Then transition to 30-min of Power Flow (Yoga), a more athletic, vigorous style of Vinyasa Yoga
	that smoothly transitions one pose to another to make a sequence while connecting movement and breath, incorporating strength and
	muscular endurance, and holding postures for flexibility. This class will leave you feeling strong and energized!
Urban Beats	Combine your favorite cardiovascular cycle workout consisting of high intensity rhythmic and cycle-specific drills with the focus on riding to
Cycle	the beat of the music using hill climbs, varying resistance, and fast cadences all to the beat of R&B and Urban music.
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Yoga & More!

Barre	This class fuses the best of dance, yoga and Pilates! Primarily using the ballet barre, you will do exercises that improve core strength, balance and posture while toning your entire body.
Deep Pause (Extended Savasana)	Give yourself permission to pause during your day. Deep Pause is an extended Savasana (restorative rest) with guided deep breathing, relaxation and visualization techniques coupled with Indu hand/shoulder massage and eye pillows. Changing is not required for this class . Come dressed in your work/school clothes for this 30-min pause in your day!
Guided Meditation	Following Restorative Yoga, this extended meditation is practiced to candlelight, soothing soundscape, and incense to help center the mind and body, focusing on the space between the thoughts.
Hot Power Yoga	Power Yoga is a more athletic, vigorous style of Vinyasa Yoga. It will leave you feeling strong and energized! Our Hot Yoga class is performed with a temperature in the upper 80's.
Ojas Yoga	Ojas (Meaning vigor in sanskrit) focuses on asanas (stretches), pranayama (breathing techniques) and dhyana (meditation), which are considered as the limbs of yoga. Come and immerse yourself in the most ancient and pure yogic practices and take a journey deep within yourself.
Pilates Mat	Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Mat Pilates exercises are performed in a slow, controlled, precise manner and require an intense concentration. These exercises help strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. Experience better flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness.
Restorative Yoga	Deep relaxation and letting go to gravity, Restorative Yoga to candlelight uses blocks, bolsters, straps, and blankets for the greatest possible support in poses lying or sitting on the ground. Learn the practice of deep breath release and meditation, calming the central nervous system and making space for the parasympathetic "rest and digest" nervous system to bring you to balance.
Slow Flow Yoga	Slow flow vinyasa allows you to move deeper into poses, giving you time to refine alignment and build strength. As with traditional vinyasa, slow flow promotes flexibility, endurance, and balance. The slow pace builds internal heat and allows you to experience and refine the pose in a much deeper sense. You will hold poses a little longer and feel the burn as you build muscle, inner strength, and stamina.
Vinyasa Flow Yoga	Vinyasa Flow links breath to movement, smoothly transitioning the student from one pose to another via the rhythm of their breath. This style of yoga incorporates strength and muscular endurance, increases flexibility through longer holds, and inspires a moving meditation for greater personal awareness and empowerment. Our instructors offer a variety of Vinyasa Flow classes, including Jivasara, Power, and All Levels yoga. All Levels is the perfect place to start, build or refine your practice.

- Proper workout attire and footwear is required.
- Cycle shoes are strongly recommended for Cycle classes. We have cycle shoes available to rent or purchase in our boutique.
- A Yoga mat is required for Yoga and Cycle Flow classes. Yoga mats are available to rent or purchase in our boutique.
- Boxing gloves and 180" hand wraps are required for Boxing Bootcamp classes. Both are available to rent or purchase in our boutique.
- Please arrive early and stay through the class.
- Notify your instructor and/or desk staff if you are new to class or have any special concerns (injury, pregnancy, diabetes, surgery, etc.).
- Eat and drink plenty of water prior to class. Stay hydrated throughout class.
- Visit our website for FAQs for the best preparation and experience!
- Be present and courteous to others! Please leave your mobile devices and other distractions outside of the studio. This is your time!