

POWER LUNCH

LUNCH HOUR EXERCISE CLASSES

CLASSES ARE FOR ALL FITNESS LEVELS!

TUES

SOULBODY BARRE WITH ERIN

12:00pm-12:45pm
KF Multi-Purpose Room

Full body workout that combines principles of Pilates, yoga, dance, and interval strength training with bursts of cardio.



WED

VINYASA WITH LILIANA

12:00pm-1:00pm
SMB Room

Energize, strengthen and build heat as you work to refine postures and deepen your connection to your body and mind.



THURS

NEW! HIIT HUSTLE WITH CORTNEE

12:00pm-1:00pm
KF MP Room

High Intensity Interval Training that activates the major muscle groups through quick, repeated bursts of strength and cardio moves, with alternating periods of rest and active recovery.



FRI

BODYPUMP WITH TRACI

12:00pm-1:00pm
KF Multi-Purpose Room

Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body.



CLASSES ARE HELD AT OUR IRONWORKS BRANCH

NEED TO LEAVE EARLY? NO PROBLEM!

