

CYCLE RPM

An indoor cycling workout where you control the intensity. This fun, low impact ride can burn up to 500 calories a session. With great music pumping, you will go on a journey of hill climbs, sprints and flat riding.

BODYFLOW

BODYFLOW begins with a Tai Chi-inspired warm up, where a focus on breathing sets you up for what is to come – an invigorating series of sun salutations, warrior sequences, hip openers, twists, and some Pilates-inspired core training. The workout closes with a period of relaxation.

BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

GRIT

GRIT is a 30-minute high-intensity interval training(HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

ABS & CORE

Put the focus on your abdominal muscles in this short workout designed to improve your core strength and tone your abs.

CORE TRAIN

This core conditioning workout targets all the muscles around the core. A strong core makes us better at everything we do.

CORE

Science-based core training that will increase core strength, tone your abs, glutes and legs and improve posture.

BODYPUMP

An ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that can help you burn up to 400 calories.