More classes. More Times. Welcome to the future of fitness. Virtual adds new programs like RPM, SPRINT and BODYFLOW. We take those classes and put them up on the big screen to give you a movie theatre, fitness experience!

Virtual classes are scheduled throughout the day and it doesn’t matter if your are working out solo or you bring a group of your friends. There is always time for a class.

Not scheduled? Ask a Fitness Assistant to start a virtual class of your choice. Anytime.

All Virtual Classes are in Studio 1, unless moved for equipment needs based on participation.
BODYPUMP

Uses light to moderate weights with loads of repetitions to give a full body workout. Instructors will coach you through scientifically proven moves, pump out encouragement, motivation and great music to help you achieve your goals! You’ll leave the class feeling challenged and motivated.

BODYCOMBAT

A high-energy martial arts-inspired non-contact workout. Punch and kick your way to fitness and burn tons of calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude!

ZUMBA

A combination of Latin and International music/dance themes that create a dynamic, exciting workout that everyone can do! Featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

SH'BAM

A fun-loving, insanely addictive dance workout. SH’BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can’t, you’ll walk out knowing you can!

POUND

Pound is the cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

POWER YOGA

A dynamic, powerful and sweaty class designed to challenge and awaken the muscle and tissues. This energetic flow style is designed for all levels to gain greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind.

VINYASA YOGA

Vinyasa yoga utilizes the connection of breath and movement to safely explore depth in postures and poses. Another essential component is to calm the brain and nervous system during the middle of the day. Come find strength and peace all in one hour.

SUNRISE YOGA

Rise and shine with a mindful yoga practice. This gentle approach of progressions and poses create a natural flow to start your day and the strength, flexibility and coordination links the mind, body and breath for all the days to come. NOTE: Weather permitting, Sunrise Yoga may take place on Spartan Terrace.

BOXWOD

In the Olympic lifting studio off the weight room, BOXWODs (Workout Of the Day) is the CrossFit® inspired functional training program that performed at a higher intensity. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

LES MILLS GRIT STRENGTH

LES MILLS GRIT® STRENGTH is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT CARDIO/PLOYO

LES MILLS GRIT™ PLOYO and CARDIO is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Scientifically proven to increase aerobic fitness, unleash fast-twitch muscle fiber and grow lean muscle, your metabolism will be in overdrive and 30 minutes is all it takes. NOTE: Cardio and Ployo alternate weeks.

LES MILLS GRIT

Les Mills GRIT® Workouts take cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

CXWORX

The program that focuses on quick gains that leave you with a stronger and leaner core regardless of your fitness level. In 30 minutes you will feel changes in your stomach and butt, as well as improving functional strength, making you better at everything you do.

AQUA

This class held in the pool improves conditioning, muscular strength and endurance using the buoyancy and resistance of the water. Complete a safe, effective, and fun workout! Allow yourself a break from the ‘impact’ on the body while enjoying the water.

BARRE

Using flexibility, aerobics and elements of strengthening exercises dancers do, Barre is fun and empowering delivering a result driving workout that sculpts your body.

SUNRISE YOGA

Perfect your breathing and center your being. Experience the ease of Vinyasa yoga utilizes the connection of breath and movement to safely explore depth in postures and poses. Another essential component is to calm the brain and nervous system during the middle of the day. Come find strength and peace all in one hour.

SPIN45

More classes. More Times. Welcome to the future of fitness. Virtual add on programs like RPM, SPRINT and BODYFLOW. We take those classes and put them up on the big screen to give you a movie theatre, fitness experience! Virtual classes are offered throughout the day and it doesn’t matter if you’re working out solo or you bring a group of your friends. There is always time for a class.

LES MILLS SPRINT

The 30-minute High-Intensity Interval Training (HIIT) workout. It’s a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout that is scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

RPM

With great music pumping and the group spinning as one, you will go on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time. It’s a journey, not a race!

BODYFLOW

Ideal for anyone and everyone. This yoga-based class will improve your mind, your body and your life. With inspiring music you will bend and stretch through simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and there are options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm and centered. Happy.

NOTE: Cardio and Plyo alternate weeks.