

FITNESS for Lunch

Weekday Menu

Xpress Spin

Monday & Wednesday

Noon – 12:40pm

With Kierceton

Spin Room

Maximize your workout time, this 40 minute Xpress

Spin will give you a maximal calorie burn and great cardio workout in a minimal amount of time!

Alleviate stress, burn fat, and get energized for the rest of the day!

BALLET “X”

Monday & Thursday

Noon – 1pm

With LIZ MILES

Studio 1

This is a class for adults interested in toning the body, elongating the muscles, and building strength. The movements are based on ballet and modern dance technique and center on body alignment, core strength, and flexibility. The class is a combination of classical and contemporary technique and you will quickly learn that in dance, every inch of your muscles are actively engaged.

Benefits include:

FLEXIBILITY & ENDURANCE

SENSE OF WELL-BEING

*nominal fee required.

Yoga

Monday & Wednesday

12:45 – 1:30pm

With Kierceton

Yoga Studio

Yoga is the ultimate laboratory for awakening. This class is a combination of Hatha yoga and Vinyasa flow. Linking the mind and the body through the breathe. The power of yoga transforms us, a powerful and peaceful body, a powerful and peaceful life.

***NEW * STOP BY**
FOR LUNCH ON
MONDAYS FOR
SPIN & YOGA.
YOU WILL BE
HUNGRY FOR
2NDS ON
WEDNESDAY!



BODY TECH
FITNESS