

A creative space
to explore fresh
offerings and YOU
get to experience
them first!



Saturday @ 10:30 am

February 7: Barre with Andrea

February 14: Hearts in Harmony (Paid Event - Must Register)

February 21: Everest: The Climb with Silas

February 28: Military Circuit with Harry

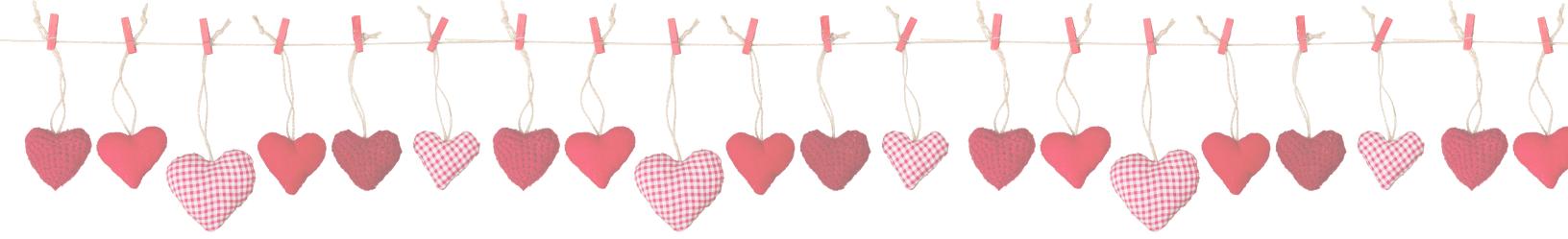
Studio 2

Studio 4

Studio 3

Studio 1

FIT LAB



Barre:

Barre is a low-impact, full-body workout that blends elements of ballet, Pilates, and strength training. Using small, controlled movements, light weights, and your own body weight, this class focuses on improving strength, balance, posture, and flexibility. Expect to feel challenged while moving mindfully—no dance experience required.

Hearts in Harmony:

Start your Valentine's morning with intention and connection. This 90-minute couples wellness experience includes gentle couples yoga, guided meditation focusing on love for self and one another, and sound therapy. Enjoy chocolate-covered strawberries, your choice of a mimosa or mocktail, and take home a commemorative keepsake flute to remember your time together. This is a paid event and registration is required.

Everest: The Climb:

A relentless 45-minute vertical ascent designed for seasoned riders who want to conquer a climb that never levels out. After the warm-up, we'll lock into a heavy-resistance grind and push through the "thin air" until the very last second — because the tension only comes off once we've reached the summit.

Military Circuit:

This high-energy, full-body circuit is inspired by military-style training to build strength, endurance, agility, and mental toughness. Expect a mix of bodyweight exercises, functional strength moves, and cardio intervals designed to challenge your entire body. Stations are timed and scalable, making this class accessible for all fitness levels. Come ready to work hard, support one another, and leave feeling stronger and accomplished.

