



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



Saturday @ 10:30 am

April 4: No Fit Lab due to Easter Weekend

April 11: Strength & Sculpt 2.0 with Cass

April 18: 2000's R&B Pilates with Viviana

April 25: Tabata with Andrea

Studio n/a

Studio 1

Studio 4

Studio 1

FIT LAB



Strength & Sculpt:

This class is designed for those ready to challenge themselves, push their limits, and level up. Build full-body strength while incorporating explosive power, isometric holds, and next-level intensity. Expect to be challenged. Expect to grow. Expect to surprise yourself. You choose your hard — Cass will guide the rest!

2000's R&B Pilates:

Flow and tone in this 2000s R&B-themed, Pilates Sculpt class focused on strengthening those smaller muscle groups. Flow through controlled, high-rep movements set to throwback beats while targeting the core, glutes, arms, and legs to build strength, definition, and endurance. Prepare to challenge yourself, have fun, and level up.

Tabata:

Push your limits in this high-energy Tabata HIIT class, combining timed intervals and EMOM (Every Minute on the Minute) training for a full-body workout that builds strength, endurance, and power. All fitness levels are welcome—you control your intensity. Class wraps up with a 10–15 minute stretch series to improve flexibility and support recovery

