

Group Fitness Classes - 2025

live **ELEV8D**

Summer A

Monday, May 5 - Friday, June 27

No Classes Monday, May 26, 2025 in observance of Memorial Day

MON

9:30am - 10:00am
Cycle
(Studio 2)

10:15am - 11:00am
PurePump
(Studio 1)

12:15pm - 1:00pm
PurePump
(Studio 1)

TUE

9:30am - 10:00am
Cycle
(Studio 2)

10:15am - 10:45am
Abs
(Studio 1)

12:15pm - 1:00pm
H.I.I.T.
(Studio 1)

1:15pm - 2:00pm
Pilates
(Studio 1)

WED

9:30am - 10:00am
Cycle
(Studio 2)

10:15am - 11:00am
PurePump
(Studio 1)

12:15pm - 1:00pm
PurePump
(Studio 1)

THU

9:30am - 10:00am
Cycle
(Studio 2)

10:15am - 10:45am
Abs
(Studio 1)

12:15pm - 1:00pm
H.I.I.T.
(Studio 1)

1:15pm - 2:00pm
Pilates
(Studio 1)

FRI

**Try something NEW in
the Fitness Center:**

- Bouldering Wall
- Climbing Wall
- Cardio Equipment
- Strength Machines
- Free Weights
- Schedule Personal Training
- Dip your toes in the Pool
- Climb the BIG stairs
- and more!

Classes are subject to cancellation & facility changes for operational needs

Scan QR code:

- Sign up for classes
- Read Class Descriptions



Group Fitness Classes - 2025

Summer A

Monday, May 5 - Friday, June 27

No need to plan a workout!
Simply, join us and
Elev8 your fitness journey!



Sign Up [HERE](#)

Cycle

Cycle is an exhilarating indoor class that delivers a high-energy cardio workout designed to boost endurance, burn calories, and strengthen your lower body. Guided by an instructor and set to motivating music, this class can take you through a series of intervals, hill climbs, sprints, or steady rides, simulating an outdoor cycling experience. Perfect for all fitness levels, Cycle allows you to control the intensity of your workout while pushing your limits in a supportive and dynamic group environment. Get ready to pedal your way to a healthier, fitter you!

PurePump

Where the burn and the beat (of the music) collide to Elev8 your workout routine in this class. Build strength and enjoy a cardiovascular workout in this high energy, high-repetition class. The weights can be lighter so your gains can be greater.

Abs

Ignite your powerhouse (core) with this dynamic class, laser-focused on strengthening and sculpting your core muscles – abs, back, glutes and hips. This high-energy workout is designed to build stability, strength and even improve posture. Get ready to feel the burn!

HIIT

HIIT (High-Intensity Interval Training) is a fast-paced, results-driven workout designed to push your limits and maximize calorie burn in a short amount of time. This dynamic class alternates between intense bursts of exercise and short recovery periods, keeping your heart rate elevated and your energy high. Perfect for all fitness levels, HIIT offers scalable options to match your abilities while challenging you to build strength, endurance, and cardiovascular fitness. If you're looking for an efficient, high-energy workout that delivers serious results, HIIT is the class for you!

Pilates

Pilates is a transformative exercise class designed to strengthen your core, improve flexibility, and enhance overall body alignment. With a focus on controlled movements and mindful breathing, this full-body workout targets key muscle groups, builds balance and stability, and reduces stress. Whether you're seeking to tone muscles, boost posture, or increase endurance, Pilates offers a low-impact, yet highly effective way to achieve your fitness goals. Suitable for all levels, this 45-minute class provides a personalized approach to movement, ensuring every participant can thrive.

