

MATRIX

FITNESS | SPA

CLASS DESCRIPTIONS

POWER ABS

One of the best ways to prevent injury is to build a strong core. Power Abs is designed to do just that. This compact, 30 minute class targets the entire abdominal area for a complete core strengthening workout.

SHREADMILL

With a combination of high intensity interval and hill training, Shreadmill helps build endurance for all fitness levels. This class mixes an hour of running, jogging, and sprinting. This is not your normal Treadmill workout. (This class is held on the treadmills.)

SUMMER SCULPT

Get toned just in time for the summer. Summer Sculpt is a boot camp style class intended to burn calories, shed pounds, and build toned sleek muscles through high repetition full body resistance and cardio training.

TRX SUSPENSION TRAINING

This circuit training style class challenges you take your strength training workouts to the next level. Suspension ropes force you to use your body weight as resistance. Timed sets keep your heart rate pumping as you power through reps at your own pace.

FULL BODY TONE

In this hour long class, high-intensity cardio, strength training, and sculpting are the focus. By incorporating weights, Bosu's, resistance bands, and more, this class covers all aspects of fitness and is designed to help push through plateaus. With options for every level, your body is challenged during each session.

PILATES

Pilates focuses on core conditioning and promotes balance and flexibility. Walk away from this class with improved posture and core strength that resonates throughout the body.

POWER SCULPT

Sculpt and define your body as you strengthen your muscles from head to toe. This class will leave you 'feeling it' the next day!

X BIKE

Increase your cardio strength and endurance with a single piece of equipment. X Bikes allow you to engage your upper body and core as well as your legs. This total body cardio workout allows you to enjoy the natural movements of cycling indoors!

POWER YOGA

With an emphasis on strong movements, this class will lead you through a series of asanas (yoga postures) that are designed to increase your heart rate and strengthen muscles. A focus on breathing, alignment, and stretching are also incorporated.

YOGA FLOW

Fluid postures will guide you through this class. You will focus on breathing and relaxation while you enjoy the flow.

YOGA SCULPT

This class is similar to Yoga Flow, but encourages the use of light weights for added toning benefits. (Weights are optional)