

FITNESS YOUR WAY



Build Your Own Group Fitness Class

Bring in your friends, family and anyone else to create a group of 3 or more to get your sweat on. We have many flexible options for your friend group, sports team, bridal or bachelor party, an active family activity, or pre-ceremony zen. Select from yoga, HIIT, pilates, cycling, Body Pump, barre, cross-training and more!

Fee: \$20 per person (minimum of 3 participants)

Private Yoga or Pilates Session

Do something for yourself! Develop your practice on your schedule with personalized instruction with some of the most accomplished instructors in the area. Master specific poses or get tips to improve your daily practice.

Contact Kelly Gerken, Fitness Coordinator at 970-453-3381 for information.