

Exercise Class information

Graduate Gains Congratulations! You have completed your physical therapy but now you want to continue with your physical fitness and strengthening. This class is designed to teach you the next level of strengthening movements to advance from injury to physical therapy to the next chapter in your story!

Sweat Meter : 2 out of 5

Offered: Mondays and Fridays at 11:00

Dynamic Dare Come to class if you dare! This class is designed in fun interactive stations where exercises are performed and switched up for an exciting and pumped up exercise class.

Sweat Meter: 3 out of 5

Offered: Mondays at 5:30 pm and

Fridays at 5:30 am

Boxing Mix up your cardio routine with this high energy and upbeat class. Learn how to kick, jab and rock your way into a weekend sweat!

Sweat Meter: 4 out of 5

Offered: Saturdays 7:00 am

Hump Day Half Get a break from work and take back your week with this 30 minute burn out class of cardio and core to get your energy back up to finish the week strong!

Sweat Meter: 3 out of 5

Offered: Wednesdays 12:00 pm

Weekend Warrior Struggling to stay strong throughout the weekend? This strength and plyometric workout will get you moving and hyped to stay committed and strong!

Sweat Meter: 3 out of 5

Offered: Saturday 10:00 am

Call or Text **Paige Sheley** at **304-444-8389** or sign up with our front office.