

Our Classes

Awaken Flow

Start your day with the Awaken Flow, a moderately paced vinyasa practice moving gently through traditional asanas. This morning practice closes with a meditation and extended savasana to prepare you for the day ahead.

Cardio Dance

Class mixes high and low intensity dance moves for a fun cardio workout to pumping jams! Followed by a core and floor segment. Yoga based cool down and stretch segment concludes this class.

CardiYo

CardiYoga is our fusion class of Cardio training plus a yoga flow! This class works your cardiovascular endurance, flexibility, breath and mind body connection all in one class. During the first half of the class, you will be moving, working on your cardio endurance, alternating between high and low impact moves in creative sequences to pumping music. The second half of the class will be a traditional yoga flow, slowing things down, working on flexibility, releasing muscle tension, and focusing on breath.

CSI

CSI stands for Cardio/Strength Intervals. CSI class is a 4:4 minute ratio alternating cardio moves and sequences with strength and resistance training. An intense core training segment follows the conditioning phase of class. This powerful and fun workout ends with a yoga based cool down and stretch. Class is coordinated to pumped up jams.

Gentle Flow

In this gentle flow class yogis are guided through traditional asanas at a slower pace. Modifications will be shown and props will be offered to help you get a practice most suitable to you.

AABS

AABS stands for Arms, Abs and stretch. This is a 45 minute strength training and resistance class for your arms, and core with an extended stretch at end of class.

Pilates

Pilates is a core strengthening focused class. This class transitions through the traditional pilates sequencing, focusing on proper form, breath and alignment of the spine, and torso. Pilates increases core stability, flexibility, stamina and strength in the "powerhouse."

Power Flow

Power Flow class is a vinyasa class that moves seamlessly through traditional poses while also offering some more advanced asanas as well. Class is instructed at a moderate pace, but poses are held for an extended period of time, building strength and stamina in your practice.

Power Pilates

Our Power Pilates class incorporates all of the traditional moves and sequencing of a mat Pilates class with a little extra power and more repetitions. Pilates balls, resistance bands and weights are used in class. Gentle Yoga sequence will follow the power segment of class.

Sculpt Flow

In this fusion class, traditional yoga poses and flows are combined with strength and resistance exercises. Your own body is the only piece of equipment used in this class!

Spunk in Your Step

Put some spunk in your step! Spunk in Your Step is a pumped up step aerobics class. The Original Step is used with your choice of one, two or no risers. Creative cardio step sequences, followed by a segment of strength training for arms and abs, and a cool down.

SPUNKED-UP

SPUNKED-UP is a class that combines some of Spunky's best classes into one! 20 minutes of intense cardio, 20 minutes of resistance training and Pilates, 20 minutes of a Yoga flow.

Spunky Booty

Consider this your bootie (wake up) call class! This class is geared to strengthen and sculpt the bootie, hips and abs! All kinds of equipment will be used, from weights, to bands to balls.

Spunky Flow

Spunky Flow is a fiery vinyasa practice! This is an energizing class moving at a faster pace through a series of asanas seamlessly building fire and power!

Step N Sculpt

Step N Sculpt is an interval class with a 4:4 minute ratio of cardio step with strength and resistance training. Class will use weights and resistance bands and pilates balls. Core strength segment follows conditioning segment. Class concludes with a yoga based cool down, and stretch.

STRONG

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG Nation™ instructors change up the music and moves frequently to make sure you're always challenged to the max.

Yin Yoga

Yin Yoga is a passive practice designed to actively stretch connective tissue mainly around the knees, pelvis, sacrum and spine. All poses are supine or seated poses that are held for 3-5 minutes, allowing a greater stretch and release to occur deep into the layers of fascia. Yin is as beneficial for the mind as body as one remains quietly focused on breath and in a meditative state throughout the class.

YoBata

YoBata is our fusion class combining Tabata with Yoga. First half of class is a Tabata class with high intensity cardio cycles : 20 seconds very high intensity cardio followed by 10 seconds of rest repeated 8 times for a total of 4 minutes. Second half of class will be a gentle yoga flow to cool the body and work on flexibility, breath and mindfulness.

PY

PY is a fusion class of Mat Pilates and Vinyasa yoga flow

Zumba

Zumba is a cardio dance class with a latino vibe and music. You will have so much fun, you will forget you are working out!

Vinyasa Flow

Traditional Vinyasa flow class with music. Class ends with a short meditation and savasana. Zumba is a cardio dance class with a latino vibe and music. You will have so much fun, you will forget you are working out!