



WELLNESS TRACKS

Stay on Track with your Wellness...
Choose Classes that Support Your Body Today!

WISE WARRIOR TRACK

Gentle, low impact classes

Warrior Mobility & Balance Brain & Body
Chair Yoga Yin Yoga Community Walk
Bone Boost Warrior Wake-Up

BACK ON TRACK

Moderate intensity with modifications for varying abilities

Community Walk/Run Strength & Stability
Barre Ease Yin/Flow Yoga Pilates
Warrior Wake-Up Community FitCamp
Warrior WorkIt Circuit

ACTIVE WARRIOR TRACK

High intensity options to support a regular fitness routine

Community Run 30/30 Sweat & Stretch
Warrior WorkIt Circuit Yoga Flow
Community FitCamp

NEW CLASSES THIS FALL!

← Brain & Body w/ Alaina →

Gentle mobility balance work, and cross-body patterns awaken neurological pathways, followed by a calming guided meditation to integrate it all. All levels welcome.

← 30/30 Sweat & Stretch w/ Jen P & Sean →

Two classes in one! Thirty minutes of heart-pumping HIIT to build strength & boost endurance, followed by a deep, restorative stretch. Join us for one or both sessions.

← Bone Boost w/ Jen G & Jenn B →

Designed to improve bone density, support joint health & balance hormones naturally through safe, gentle, intentional movements with guided support from your coaches.