

Above the Belt- A complete upper body workout in one session. Chest, back, shoulders, arms are exercised along with abdominals for the most efficient workout ever.

Barre- A total body workout that is pilates based and utilizes ballet techniques to lift your seat, tone your thighs and burn fat. You will leave each class shaking!

Beginner Bootcamp- This class is for people that are just starting out on their fitness journey and are out of shape, significantly overweight or have an injury that limits their exercise options.

Beginner HIIT- Beginner HIIT is a mix of short bursts of cardio, weights, and body weight followed by an equal amount of recovery/rest. Our focus will be to burn the maximum amount of calories in the shortest period of work time.

Beginner Strength Training- Use your body weight and free weights to break down your muscles. Instructors will guide you through proper form and encourage you to keep going!

Beginner TRX- You'll be working against resistance from body weight and gravity while hanging from the TRX straps. Be prepared to work multiple muscles, build super core strength and increase flexibility all while protecting your joints. This a more advanced strength training class.

Beginner Yoga- A slow paced introduction to the practice of yoga. Come learn poses in their structurally correct form in a safe, fun, judgment free environment.

Bootcamp- Circuit style workout designed for EVERYONE. Exercise modifications made for beginners and advanced exercises made for more fit participants.

Booty Bootcamp- Spend an hour with Bridgette sculpting, lifting, and firming yo' booty. Expect small bursts of cardio to shave off excess fat off yo' booty. All the while listening to booty music.

Burnout- Each week instructors will focus on a specific muscle group to help you build long, lean muscles and target your problem areas.

Fat Blaster- Get ready to unleash your beach body! You will go through a class alternating between toning and cardio tabata. Class will be heated.

Fitness Bootcamp- Cardio and strength training workouts will be organized in circuits meaning participants will move from station to station with short rest periods in between.

Fully Loaded- Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance the way your body was meant to move.

HIIT Burnout- Burn out one specific muscle group and incorporate small bursts of cardio to maximize calorie burn. All levels.

HIIT Intervals- Expect max calorie burn in this new method of exercise. Cardio + strength training are given equal recovery rates. All levels.

Hip Hop Cardio- A people-inspired dance fitness program that is a mix of explosive dance and boot camp toning. You will get to your fitness goals a lot quicker than just dancing alone.

Hot Yoga- Heated vinyasa yoga where you flow from one pose to the next using your breath. Our version is more of an athletic practice with a cardiovascular element, and you'll also work on core strength and balance.

Lean Lines- This total body toning workout incorporates a cardio combine of pilates, barre, and resistance training to maximize fat burning and develop long lean muscles.

Monday Mashup- Anything goes with this class. Each week the workout will be based on a different workout style. A great class to keep your body guess and to prevent burn out.

Ride, Row & Reps- Alternate between the row machine, spin bike and weights for your cardio and Strength training.

Ropes, Rowers, & Kettlebells- A full body circuit built on battling ropes, rowers, and kettle bells balancing strength and cardio fitness to propel your fitness performance.

Row & Reps- Alternate between the row machine and weights for your cardio and strength training.

Shred- Cardio and strength training workouts will be organized in circuits meaning participants will move from station to station with short rest periods in between.

Spin & Sculpt- Indoor cycling meets Pilates training in this strength and cardio combination class like no other. 30 minutes of challenging cycling then 30 minutes of Core, upper body and leg work.

Spin- This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Step- Step is not a thing of the 90's at MF! The benefits of step aerobics are proven to strengthen and tone muscle groups, and improve coordination.

Stretch Yoga- Gentle yoga class to focus on flexibility, recovery and releasing tension from tight muscles. Perfect for athletes, runners and beginners.

Sweat- A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

TRX Fit- You'll be working against resistance from body weight and gravity while hanging from the TRX straps. Be prepared to work multiple muscles, build super core strength and increase flexibility all while protecting your joints. This a more advanced strength training class.

Vinyasa Yoga- A vigorous, more athletic approach to yoga, characterized by flowing poses and sequences that are linked to the breath.

