

POWER LUNCH

LUNCH HOUR EXERCISE CLASSES
@ THE IRONWORKS BRANCH

**CLASSES ARE FOR ALL
FITNESS LEVELS!**

TUES

SOULBODY BARRE

WITH ERIN

12:00pm-12:45pm

KF MP Room

Full body workout that combines principles of Pilates, yoga, dance, and strength training with bursts of cardio.

WED

VINYASA

WITH LILIANA

12:00pm-1:00pm

SMB Room

Energize, strengthen and build heat as you work to refine postures and deepen your connection to your body and mind.

THURS

HIIT HUSTLE

WITH AMBER

12:00pm-12:45pm

KF MP Room

High Intensity Interval Training that activates the major muscle groups through quick, repeated bursts of strength and cardio moves, with alternating periods of rest and active recovery.

FRI

BODYPUMP

WITH ROTATING INSTRUCTORS

12:00pm-1:00pm

KF MP Room

Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body.

Make the most of your lunch hour
in these quick, effective classes.

NEED TO LEAVE EARLY? NO PROBLEM!

