

What are Master Classes?

We've selected the most effective and stimulating fitness classes available to create our Master Class schedule. Our Xperts ensure that you receive personalized attention and guidance during every class, while benefiting from the collective energy of the group fitness experience. Master Classes are:

Diverse

With six core disciplines to choose from and dozens of unique classes, you can create a fitness program that challenges you in new and surprising ways.

High-Energy

Our Xperts choreograph challenging and exhilarating routines to keep you motivated and in motion.

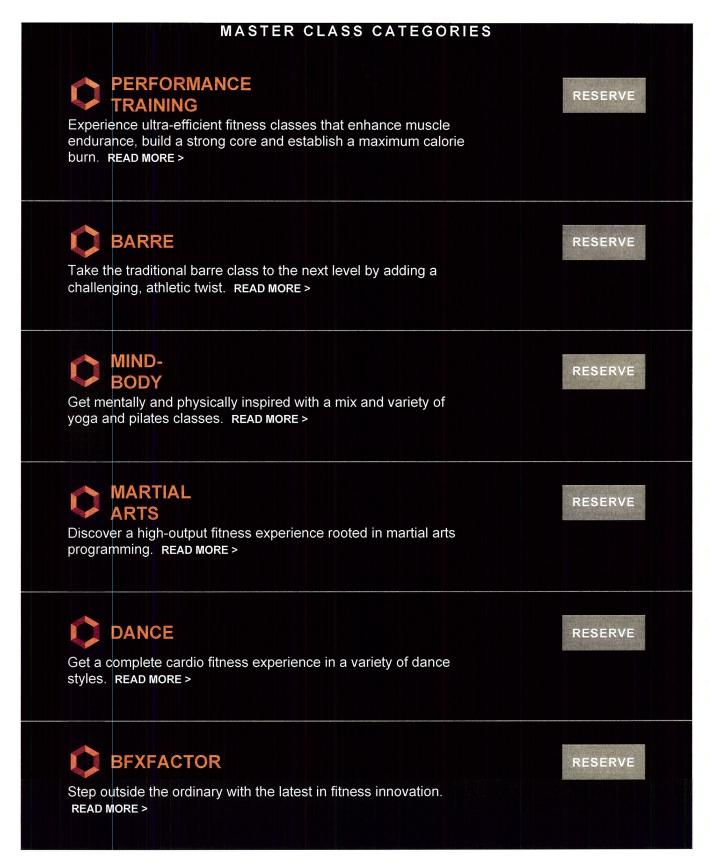
Engaging

In addition to making your fitness goals possible, our Master Classes are social, dynamic, inspiring and fun.

Products and Services







UPCOMING CLASSES

FRIDAY JUL 18



