Couch to 5k- Do you want to work up to running a 5k? Come out and let us help you reach your goal, even with little to no experience with running. Our instructor will take you through drills and intervals to help you start small and work up to a 5k by the end of the class!

The Matador 12-Week Challenge- The Matador 12-week challenge is a class that combines in-class challenges with at home workouts to build strength and endurance as well as motivate participants to be active at home! Participants will meet once per week in class and have homework twice per week.

Muscles and Mascara- Be confident, Be fierce, Be fearless. This program will go over all formats, including circuit training, powerlifting, Pilates, yoga and more! This class will be in our personal training room as to keep the class private!

Advanced Boxing- Recommended for those who have experience in boxing, this class will take you through higher level boxing drills and conditioning to get you through the last minutes of the final round. Wraps can be purchased if needed, gloves can be provided if needed.

Boxing Technique- Looking to take your boxing to a new level? This class will start you with drills and conditioning that will help you get started and fine tune your technique, in addition to enhancing your cardiovascular health. Wraps can be purchased if needed, gloves can be provided if needed.

Bootcamp- This could be the best way to either start or end your day. The instructor will push you through intervals, strength training, and calisthenics in a one-hour class period. This challenging class will help you push your limits and reach your goals.