

Yoga Barre Fusion: Lengthen and strengthen with a fusion of yoga flow and barre sculpt. Expect low-impact sequences, posture-focused pulses, core work, mobility work and a relaxing reset. Low-impact and beginner-friendly, with clear options to scale up or down. no experience needed.

Yoga For All: Breathe, move, and reset with an all-levels class blending gentle flow, mobility work, and mindful breathing. No experience needed, your instructor offers clear cues and options for everybody, whether you're brand-new or returning to your practice. Leave feeling looser, stronger, and centered.

Bootcamp: Bootcamp blends strength circuits with cardio bursts to build power, endurance, and confidence. Your coach keeps it upbeat and scalable with clear cues and smart progressions. Expect a great sweat and a big high-five at the end.

Gutts, Butts, and Thighs: Lift, tone, and strengthen your lower body while building a rock-solid core. Focused sequences hit glutes, thighs, and abs with tempo work and time-under-tension, no experience needed.

Pilates Flow: links classic Pilates movements with mindful flow of a vinyasa practice to improve core strength, mobility, and posture. Expect clear cues, purposeful pacing, and a refreshing finish.

Intermediate Yoga: This guided class helps you cultivate a clear, calm, and stable mind so you can move through your day (or ease into rest) with focus and ease. Expect simple breath work, deeper & longer posture holds, and single-pointed attention practice that quiets mental noise and leave you centered and refreshed.

Beginner Mat Pilates: Teaches the essentials, breath, alignment, and core control, so you feel stronger, longer, and more supported in everyday movement. Your instructor will break down each exercise with modifications and progressions, keeping it joint-friendly and confidence-building.

HIIT: pairs short bursts of effort with smart recovery to boost endurance, power, and overall fitness—all in a fun, time-efficient format. Your coach guides every round with clear cues and progressions so you can tailor the intensity to your level.

SGT (Small Group Training): Your trainer will work with you and a small group of people (no more than 8 in each class) to achieve your fitness goals through a full-body strength training routine. In this class you can expect equal parts strength, mobility, cardio conditioning, & community building to leave you feeling energized! Think of small group training as the middle ground between personal 1-on-1 training and group fitness.

Dynamic Flow Yoga: a dynamic practice that combines fluid yoga poses with functional movements to increase flexibility, strength, and joint health. It focuses on controlled, active movements through a full range of motion, rather than static holds, linking sequences together to improve coordination and balance. This style often includes movements like deep squats, lunges, and spinal twists, using breath to guide the flow and improve body awareness.

Core & Mobility: this class combines exercises to strengthen your core muscles (abdominals, glutes, lower back) with movements designed to increase your range of motion and flexibility. These classes aim to improve overall stability, posture, and balance, and can help you move better in daily life and in other fitness activities

Mat Pilates: a form of exercise that focuses on strengthening and toning the body using a variety of exercises performed on a mat. It is based on the principles of Pilates, which emphasize controlled, precise movements and body alignment.

MetCon: combines high-intensity interval training (HIIT), strength work, and cardio to maximize the body's ability to use energy efficiently. These classes improve strength, endurance, and overall conditioning while elevating metabolic rate. The result is more effective calorie burning, better body composition, and sustainable fat loss.

Kettlebells: A dynamic workout that combines strength, cardio, balance, and mobility using a cast-iron weight with a handle. Participants learn functional movements like swings, snatches, and presses to build full-body strength, improve cardiovascular fitness, burn calories, and develop coordination. Classes are suitable for various fitness levels and offer a time-efficient way to improve overall physical conditioning and body composition.

Step: a high-energy cardio workout that uses a raised platform (the "step") for a variety of stepping, squatting, and lunging movements. These classes are choreographed to music, blending cardiovascular exercise for heart health with strength training for the legs and glutes

Instructors Choice: Check the Court Reserve app to see what our instructor has in store for you!