

ASCEND

Experience the perfect blend of personalized coaching and community support in our Small Group Training sessions. Designed for all fitness levels, these workouts are accessible, motivating, and results-driven—making it easy to start (or level up) your fitness journey, no matter where you're starting from.

Led by certified personal trainers, each session provides the expert guidance, accountability, and encouragement you'd expect from one-on-one training—but in a small, intimate group setting. With fewer participants, trainers can tailor workouts to individual needs while still fostering a fun, energetic, and team-oriented environment.

Whether your goal is to build strength, boost endurance, or simply stay consistent, Small Group Training offers the structure and support you need—without the pressure of going it alone.

ASCEND CLASSES

BOXING

Power up your workout with a small group training class that packs a punch. This high-energy session blends boxing fundamentals with strength and conditioning drills to improve agility, coordination, and endurance. Learn proper technique, sharpen your skills, and unleash your power in a supportive small group setting designed to challenge every fitness level.

ENDURANCE

Build stamina, strength, and resilience with this results-driven small group training class. ENDURANCE combines high-intensity intervals, functional strength work, and cardiovascular conditioning to challenge your limits and elevate your fitness.

BOOTCAMP

Push past your limits with a dynamic small group training class that blends strength, cardio, and functional drills for a full-body challenge. Bootcamp is designed to build power, endurance, and agility through high-energy circuits and motivating team-based workouts. Every session delivers variety, intensity, and results—perfect for anyone looking to train hard and stay committed.

STRENGTH

Develop total-body power and muscle endurance in this focused small group training class. Using free weights, functional equipment, and progressive resistance, you'll build strength, improve stability, and enhance performance. Guided by expert coaching, this class is designed to help you lift with confidence, increase resilience, and achieve lasting results.

Classes with zero enrollment 12 hours prior will be cancelled.
All classes are held in the Training Zone unless noted.