

CLASS DESCRIPTIONS

Vault Athletic Conditioning

Bosu Bootcamp::

Workout with energy, strength, balance and power. This class challenges the entire body with integrated movements that requires muscle groups to work together.

Tabata::

High intensity timed intervals will burn maximum calories during and after class. Improve cardio, strength, and endurance using various equipment and dynamic movement.

Tramp Camp:

This fun workout challenges your cardio by doing jumps, runs, and explosive moves on your own mini trampoline all combined with core, balance, and flexibility to give you a full body workout.

Tread & Shred:

Upper & lower body challenge on treadmills.

TRX Circuit (NEW!):

Challenge your entire body with this innovative circuit class that works strength, core, and balance utilizing your body weight and suspension training.

XTC:

Extreme Total Conditioning is Vault's signature class. Improve cardio, strength, and endurance through this high intensity, always unique workout that keeps your heart rate up!

Vault Ride

Vibe Ride:

Energetic ride to improve cardio fitness and burn calories.

Ripped Ride: Ripped ride to burn calories and chisel muscles. Grip Socks Required.

Vault Pilates

Pilates Apparatus:

Classical Pilates taught on Reformer, Tower or Chair.
(3 Privates Required)

Pilates Mat:

Vigorous sequence of Classical Pilates Mat exercises and flowing transitions.

Vault Yoga

Vinyasa Yoga:

Developing strength, balance, and flexibility equally, this class cultivates awareness and mindfulness through challenging poses and flowing sequences.

Power Yoga:

More athletic approach to Vinyasa Yoga, offering arm balances, flowing postures and sequences.

Yoga Pop: (New!)

Total Body dance-inspired Vinyasa Yoga workout.

Yin Yasa:

Combines Vinyasa with Yin Yoga in one amazing hour!

Yin Yoga:

Meditative approach to Yoga with deep stretching, holding postures for 1-4 minutes.

Vault Xtend Barre

Xtend Barre:

Total body barre cardio workout inspired by Pilates and Ballet. Grip Socks Required.

Xtend Barre Stick:

Xtend Barre class with resistance stick to challenge the core. Grip Socks Required.