

New to The Arena Club This Summer.. (stay tuned!)

Barre...

Barre workouts combine Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles – without the impact and injuries dancers endure.

Inspired by movements used by professional dancers, Barre will help create a long, lean body. No dance experience required.



Les Mills GRIT Series

LES MILLS GRIT™ Series features three unique team training programs that will push you to your max, and beyond. If you want to take your fitness to the next level or challenge your physical limits, GRIT™ is for you!

- Three unique programs that offer fitness results, fast
- 30 minutes of intense challenge to set training routines
- Explosive music that will send energy levels through the roof

