

class descriptions

Club Hours: Monday - Thursday 5:00 am - 9:00 pm
Friday 5:00 am - 7:00 pm
Saturday 7:00 am - 5:00 pm
Sunday 7:00 am - 2:00 pm
716.625.4483

METABOLIC CONDITIONING

Metabolic conditioning is more than just high intensity interval training (HIIT). All of our metabolic conditioning classes are custom designed to challenge your cardiovascular capacity and put your metabolism into overdrive to maximize your caloric burn- even after your class is over.

Burn

HiveBurn is the ultimate calorie burning workout experience. Your first class will have you leaving sweat drenched and feeling exhilarated all in the span of 60 minutes. The programming combines both short burst and extended high-energy cardio intervals utilizing treadmills, bikes, and rowers. This workout is everything you need to take your body to the next level and realize your potential.

Box

A full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high intensity boxing experience. Be prepared to sweat and feel like a warrior.

Run

A motivating, entertaining, educational and invigorating group exercise class for the treadmill. The pattern of the workout is based on interval training, short spurts of intense exercise followed by periods of rest that help build cardiovascular capacity and muscular strength.

HIIT & Run

Get ready for a blend of treadmill/outdoor running and interval training. You will feel energized after lifting, running and jumping your way into the body that you want.

RUN CLUB

Weather permitting this class will hit the pavement and trails. A one hour performance improving class encourages runners of all fitness levels and ability to join us of 50 minutes of continuous intervals, tempo and hills. Dynamic warm-up and flexibility will precede every run.

WOD

Find your zone then push through it with the work out of the day. Our WOD combines strength training with metabolic conditioning using varying function movements executed at a high intensity.

Spartan

Train like a Spartan. Be prepared for the ultimate strength and endurance challenge that is obstacle training.

IGNITE45

A high intensity bootcamp style class. We will hit every major muscle group as we move through a variety of stations utilizing kettlebells, battle ropes, TRX, resistance bands and more.

BUILD

Shape

Mold your body and break your barriers. This class is structured to shape a specific part of your body and takes you to your limits of strengthening and sculpting. We promise a fun and sweaty upper or lower body workout that will leave you hungry for more!

Strong

An action-packed, innovative twist on a traditional boot camp class, this structured workout features cutting-edge exercise formats and a healthy dose of intensity designed to increase muscular strength, enhance power and optimize caloric burn.

Core

When your core is strong, so is the rest of your body. Strengthen and tone your core with this fast and effective 30-minute workout.

RESTORE

HIIT & Flow

This class will build strength, stamina, and flexibility with 2 minutes of HIIT intervals and 1 minute of flow for 45 minutes. You'll finish your workout with a stronger body and calmer mind.

Stretch

A full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance.
* FREE

SPECIALTY

SportsPT Yoga

Our Therapeutic Yoga Class is an hour full of lengthening muscle stretches coupled strategically with core muscle activation and balance activities. Our Physical Therapist Instructors incorporate appropriate focus on our breath to keep our minds away from distraction, allowing us to fully dedicate the time to our own bodies.

* 15 per class

hive