LifeSpeak



Energize Your Body and Mind

Revitalize your body and mind with LifeSpeak

Studies show regular physical activity not only boosts energy but also reduces the risk of major illnesses, enhances mood, and promotes overall health. Paired with its extensive selection of nutrition, mental health, and mindfulness classes, LifeSpeak's high-quality, expert-led fitness classes can help you live a happier, healthier life. Whether you're an experienced yogi or new to fitness, looking to relieve stress, or only have a few minutes to spare, we've got something for you. This includes:

- High-quality, education-based classes for all ages, levels, abilities, and interests
- Safety-first training and proper form techniques led by a diverse team of certified, friendly instructors
- Goal-based programs such as Lose Weight, Train Your Way to a 5K, Intro to Strength, Healthy Back, and Daily Mobility
- Fitness assessments and personal statistics to track your progress
- And so much more!

Feel Good from the Inside Out

YOGA

CORE

CYCLE

DANCE

STRENGTH

WORK BREAKS

HIIT

LOW IMPACT

WALKING/ RUNNING

SPORTS CONDITIONING

And more!

Transform Your Everyday Living



Yoga Barre Blend
21 mins | 4.7 ★



Cardio & Strength
15 mins | 4.7 ★



Extended Stretch
12 mins | 4.7 ★



Gentle Flow
23 mins | 4.8 ★



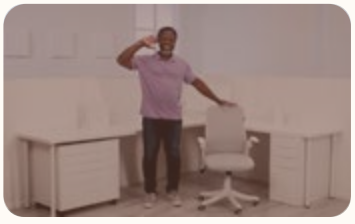
Fat Burn Cycle
35 mins | 4.8 ★



Low Impact Cardio
20 mins | 4.8 ★



Break Time
2 mins | 4.6 ★



Crunch For Lunch 2
4 mins | 4.5 ★

A support system to keep you motivated. Meet some of our fitness experts.



LYNNEA D.

Lynnea loves to motivate and inspire others to reach their health and fitness goals. With over 10 years of experience teaching dance fitness classes, Lynnea is here to help you have fun and feel your best.



SARA J.

Sara's high energy and extreme training style will help bring you to a new level of fitness. Sara is a 15-year veteran of the fitness industry who has spent time as a nutritionist, instructor, and personal trainer. She is energetic and passionate about helping people achieve healthy results.



NATE M.

This results-driven personal trainer has more than 20 years of experience. Nate brings high energy to his classes while prioritizing safety, correct form, and proper muscle engagement. He has experience training all ages and abilities, including professional athletes.