

Group Fitness Class Descriptions

Class Name	Class Description
Barre	Barre is a workout that will make you feel confident and strong! It is designed to sculpt the muscles throughout the body while improving balance, stability, and flexibility.
Battle Rope Blast	Battle ropes tone the entire body with a focus on core strength and stamina. This class is for all levels, as any move can be made more/less challenging. The battle ropes will be sure to blast your upper body while increasing muscular endurance in your legs.
Boot Camp	An excellent way to improve mobility, strength and stamina. The class utilizes groups of strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time period before moving on to the next exercise. The exercises within each circuit are separated by brief, timed rest intervals. The total number of circuits performed during a training session may vary.
Circuit Training	Exercise every muscle in the body to develop overall endurance, conditioning and stamina. For all fitness levels! Get your heart pumping using equipment and your own body weight to tone your core, sculpt your legs/arms and flatten your abs. This full body routine is set to high energy music.
Strength Circuits	Work specifically on building strength throughout the body. Each circuit will work either your upper body or lower body, or a combination of exercises. You will leave this class feeling powerful!
Cardio Dance Party	This dance class uses various styles of music to get the body moving. Dancing is an excellent way to burn hundreds of calories while also having fun. Get your heart rate up in this high intensity class!
Cycle45	This class stimulates two types of terrains: flats and hills. When riding the spinner bike, little or moderate resistance is used for flat terrain, while using increased resistance simulates hills. In each type of simulated terrain, there are two basic positions: sitting and standing. This class focuses on combining different intensity levels and various speeds to create a self-controlled 45-minute workout.
Cycle30	In a hurry? Come join this 30-minute version of cycling for a nonstop workout! Bring your towels and water, Cycle30 will have you working hard quickly.
Morning Ride	If you're a morning person, this cardio cycle class is a perfect way to start the day. Similar to Cycle45, this class is 45 minutes long with a combination of sprint intervals and hill circuits.
Tabata	Burn calories at 5 TIMES the rate of normal cardio exercises. Ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval of the same movement within a 4-minute period. Can double your metabolism for 30 minutes following your workout. Great for individuals of ALL fitness levels!

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TRX	Suspension training bodyweight exercise that develops strength, balance, flexibility, and core stability simultaneously. TRX is an innovative practice originally used by Navy SEALs for training.
TRX Yoga	Attend this advanced, power yoga class upstairs at the TRX station to improve body weight strength as well as gain flexibility simultaneously. You will fall in love with this creative way of stretching!
Yoga	The physical benefits of yoga include muscle balance, skeletal alignment, muscle strength, increased range of motion, improved coordination, and improved function of internal glands and organs. (Various types offered include Hatha, Meditation, Sunrise, Salutation, Vinyasa, and Beginner)
Afternoon Asana	During your lunch break, treat yourself to this form of yoga that is dedicated to improving your posture while incorporating meditation poses. You will leave feeling powerful and regenerated!
Flex & Stretch	Being mobile is an important aspect of a healthy lifestyle. Not being able to move a joint freely through its full range of motion increases risk of injury. Flex & Stretch is designed to improve and enhance your mobility, strength, balance, and coordination.
Zumba	Learn fun and simple Latin dance moves to great music. Combined with a mix of hip hop dance moves. Let the dance party begin!
Barre & Buns	Barre is an exciting way to build strength and flexibility. This class combines beautiful ballet poses along with lower body focused moves to work the thighs and buns! *Prior experience not required
Buns & Guns	This class provides an intense arm and shoulder strength workout and then moves into lower body strength and toning. It is great for all fitness levels!
Killer Core	Prepare yourself for a 30-minute abdominal and lower back attack! You will work your midsection muscles (abs, obliques, and trunk) to the max for 30 minutes. Perfect for following your personal cardio or weight lifting routine. All fitness levels are welcome!
Squat & Sculpt	Squat & Sculpt is designed to strengthen and improve muscular endurance in the lower body muscles. This lower-body specific class emphasizes the glutes, quads, hamstrings, and calves.