Group Fitness Class Descriptions

Cycling

**Cycle Core**- Come join us for a fun full body cycling workout. We will ride to the beat while pushing our core strength and cardio endurance.

**Cycle30**- In a hurry? Come join this quick cycling class for a nonstop workout! Bring your towels and water, this class will have you working hard quickly.

**Cycle45**- This class stimulates two types of terrains: flats and hills in order to create variety in movements and cycling positions. This class focuses on combining different intensity levels and various speeds to create a self-controlled workout.

**Morning Ride**- If you’re a morning person, this cardio cycle class is a perfect way to start the day. This class has a combination of sprint intervals and hill circuits.

Dance/Cardio

**Barre**- A hybrid workout class which combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training! It is designed to sculpt the muscles throughout the body while improving balance, stability, and flexibility to make you feel confident and strong.

**Cardio Dance Party**- An intense 60 minute dance party broken up with arm song intervals every 15-20 minutes to allow you both dance and tone all in one class!

**Circuit Training**- Exercise every muscle in the body to develop overall endurance, conditioning and stamina. Get your heart pumping using equipment and your own body weight to tone your core and sculpt your muscles. This full body routine is set to high energy music, and is for all fitness levels!

**Hip Hop Boot Camp**- A chance for you to exercise your body AND your brain as you learn a dance combination ranging from 30 seconds to a minute long that will be broken down for you in an hour long class and performed at the end. This class will have you sweating without you realizing it all while building your confidence, challenging yourself and having fun! No dance experience necessary!

**Kickboxing**- Combines martial arts techniques with fast-paced cardio. This high-energy workout is designed for the beginner and elite athlete alike. Build
muscle and stamina while improving coordination and flexibility with this fun and challenging workout.

**Quick HIIT**- High intensity interval training utilizing *body weight movements*. No equipment needed. Be ready for a great, and quick sweat!

**Tabata**- *Ultra high-intensity* exercises in a specific 20-seconds-on, 10-seconds-off interval of the same movement within a 4-minute period. Great for individuals of ALL fitness levels!

**Zumba**- Learn fun and simple Latin dance moves to great music. Combined with a mix of hip hop dance moves. A fun way to improve *cardiovascular fitness*. Let the dance party begin!

**Strength**

**Barbell Blitz**- A high intensity, *full body* strength workout with added cardio. Using primarily barbell based movements, this class will get your *heart rate up* and build muscle simultaneously.

**Barbell Strength**- A *weightlifting* class teaching and utilizing basic barbell *full body movements* to help improve strength and competence on the fitness floor.

**Battle Rope Blast**- 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 with a brief rest time before moving on to the next exercise.

**Buns & Guns**- This class provides an intense arm and shoulder strength workout and then moves into lower body strength and toning. A great *upper and lower body* workout that is great for all fitness levels!

**Kettlebell Blast**- A minimal equipment workout to get the burn going. This class is strength based and will go through many motions using only one simple weight, for everyone from beginner to advanced.

**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!
Pilates- With a focus on muscle strength, posture, and balance, this class aims to improve fitness and overall well-being. Relax tensed muscles and strengthen others in this class that is great for ALL fitness levels.

Squat & Sculpt- This class 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.

Strength Circuits- High-intensity exercises in an interval pattern of a group of movements within a short period, then repeated. Works on cardiovascular and muscular endurance. Great for individuals of ALL fitness levels!

TRX- Suspension training bodyweight exercise that develops strength, balance, flexibility, and core stability simultaneously.

Yoga/Relaxation

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!

Flexibility- Increase your movement ability with this 30 minute deep stretching class. Is great for all fitness levels, especially after a workout or strength/cardio class!

Mind & Body- A relaxing experience to focus on easing tension in the body while also taking care of the mind. A great way to start or end your day positively.

Power Yoga- A vigorous, fitness-based approach to vinyasa-style yoga. This class uses a fast pace to increase intensity while maintaining a steady flow and rhythm of movements.

Slow Flow- Relax with a pace that is meditative, emphasizing peace and calm in the body and mind. In this class you will hold poses longer, taking several rounds of breath in each pose, instead of moving with each breath.

Sunrise Yoga- An early morning yoga class with a combination of styles, perfect to start your morning off right! For all fitness levels to work on flexibility, balance, and strength.

Vinyasa Yoga- A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day.