

Group Fitness Class Descriptions

Cycling

CycleFLEX- Come join us for a fun *full body* cycling workout. We will ride to the beat while pushing our 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 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!

Hip Hop Boot Camp- A chance for you to *exercise your body AND your brain* as you learn a dance combination that will be broken down for you and performed at the end. This class will have you sweating while building your confidence, challenging yourself and having fun! No dance experience necessary!

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 / Cardio

ABC- A focus on strength of the upper body: *Arms, Back, and Core*.

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

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.

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.

Group Strength- 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!

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!

Leg Day- 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.

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

Mind / Body

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

Mindfulness- 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.

INTENSITY LEVEL

Beginner

Intermediate

Challenging