

GROUP

GROUP EXERCISE

CLASS DESCRIPTIONS

AQUA FIT | Combination of shallow water and deep water exercises to improve flexibility and endurance while enjoying the therapeutic benefits of water exercise (buoyancy belts provided).

HIIT | Interval training that alternates periods of high intensity strength and cardiovascular exercise with rest. This is a total body, heart pumping, aerobic and strength conditioning workout!

YOGA | Come move with your breath and intention. Find space and move freely to improve your flexibility, strength, stamina, and stress reduction.

ZUMBA | A dance fitness class using Latin and International music with a combination of rhythms that keep you moving to the beat! No dance experience necessary!

BOOTCAMP | This circuit style class provides a full body work out that will take your workouts to the next level. It includes a wide variety of exercise techniques, such as cardiovascular work, strength training, and plyometrics.

CYCLE | High-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval training, hill climbs, endurance and sprint work. Training on a bike makes this workout low-impact, but plenty challenging. Make this class as intense as you wish—it is **YOUR** ride!

TOTAL CORE | This is 30 minutes of intense core conditioning, focusing on the muscular endurance of your abdominals, oblique's, and lower back.

TOTAL BODY | Total Body is the ultimate full body workout designed to strengthen and tone every muscle from head to toe using a variety of equipment and timing. Exercises, equipment, and timing are selected by the instructor and creatively woven together for a unique workout that is different from week to week to keep you motivated!

BOSU BLAST | This class is a multidimensional training class that integrates core strength, balance, coordination, and resistance training in a fun-filled and challenging workout.

PIYO | This hybrid class combines elements of pilates and yoga by fusing strength and stability training for the ultimate workout.

CARDIO DANCE | A fun dance workout with a variety of music styles and simple to follow moves. Join the party and get your sweat on! No prior dance experience needed.

CARDIO FUNK | A blend of pop and hip-hop moves for a perfectly upbeat cardio workout. Get fit to the beat! No prior dance experience needed.

BARRE | Balance, strengthen, and tone the entire body while challenging your core and flexibility.