

# GROUP

GROUP EXERCISE

# CLASS DESCRIPTIONS

**ABS & GLUTES** | A 30-minute toning class getting the heart rate up and zoning in on your abs & glutes!

**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).

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

**BODY SCULPT** | Body Sculpt 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!

**BOOTCAMP** | This circuit style class provides a full body workout 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.

**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.

**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!

**CYCLE & ABS** | A mix of climbs, sprints, and interval workouts on the bike, followed by multiple sets of core strengthening exercises.

**CYCLE & FLOW** | A mix of heart racing climbs, sprints, and interval workouts on the bike, followed by a strength building vinyasa flow.

**CYCLE & PUMP** | A mix of climbs, sprints, and hills, followed by exercises to strengthen and tone your body.

**EXPRESS STEP** | A 30 minute interval workout to get your heart rate in high gear plus a mixture of total body strength through body weight exercises.

**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!

**KICKBOXING** | This cardio kickboxing workout combines shadow boxing, sport drills, and simple dance moves in a party atmosphere. Great music and high energy will keep you moving and feeling fit. Kick, punch and groove in this action-packed, super fun, cardiovascular workout.

**LOWER BODY BLAST** | Glutes, quads, hamstrings, abductors / adductors, and calves! Feel the burn in this 30 minute muscle blasting workout.

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

**POWER YOGA** | A faster paced yoga class that will challenge the body and the mind. This class will get your heart beating, as well as offer strength based poses. Variations will be offered for all levels.

**RESTORATIVE YOGA** | This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within. You will leave feeling great!

**UPPER BODY BLAST** | Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30 minute muscle blasting 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!