GROUP EXERCISE CLASS DESCRIPTIONS

ARMS & ABS
STRENGTHEN YOUR BICEPS, TRICEPS, SHOULDERS, UPPER BACK AND CORE USING A VARIETY OF EQUIPMENT IN THIS QUICK 10 MINUTE CLASS.

ATHLETIC CONDITIONING
A FUN, INTENSE CLASS USING PLYOMETRICS, AGILITY, AND SPRINTS TO IMPROVE SPEED, STRENGTH, AND BUILD MUSCLE.

CYCLE/CYCLE EXPRESS
A HIGH INTENSITY, LOW IMPACT STATIONARY CYCLE CLASS THAT INVOLVES CARDIO CHALLENGES BY VARYING SPEED AND RESISTANCE.

GLUTES & GUTS
A QUICK, HIGH ENERGY MUSCLE CONDITIONING CLASS THAT TARGETS AND TONES YOUR ENTIRE CORE AND LOWER BODY.

HIIT
HIGH INTENSITY INTERVAL TRAINING FOCUSES ON SHORT, INTENSE ACTIVITY BURSTS FOLLOWED BY BRIEF RECOVERY PERIODS TO KICK YOUR METABOLISM INTO OVERDRIVE.

KICKBOXING EXPRESS
PUNCH AND KICK THE CALORIES AWAY WITH THIS INTENSE, AND EFFECTIVE TOTAL BODY WORKOUT! RELEASE YOUR STRESS AND ENHANCE YOUR STRENGTH.

PILATES
A MAT-WORK BASED CLASS MEANT TO TONE AND TIGHTEN YOUR ENTIRE BODY FOR LONG, LEAN MUSCLES.

ROLL & RECOVER
JOIN IN ON THIS CLASS WHERE YOU WILL PERFORM FOAM ROLLING AND STRETCHING TECHNIQUES TO RELEASE MUSCLE TENSION, LENGTHEN FASCIA, AND IMPROVE FLEXIBILITY.

STEP EXPRESS
THIS CLASS UTILIZES ADJUSTABLE STEPS AND CHOREOGRAPHY TO BRING YOUR CARDIOVASCULAR WORKOUT TO NEW AND EXCITING HEIGHTS.

STRENGTH CIRCUIT
AN ALL STRENGTH, NO CARDIO WORKOUT USING TIMED INTERVALS TO STRENGTHEN ALL OF YOUR MUSCLES USING DUMBBELLS, GLIDERS, STABILITY BALLS, AND OTHER EQUIPMENT.

SWEATSHOP
A NONSTOP, POWERHOUSE WORKOUT ALTERNATING BETWEEN FUNCTIONAL STRENGTH TRAINING EXERCISES AND HIGH INTENSITY CARDIO INTERVALS.

T-30
THIS CLASS INCORPORATES STRENGTH AND CONDITIONING EXERCISES WHILE UTILIZING THE “TABATA” METHOD FOR TIMED EXERCISE/REST INTERVAL PERIODS.

YOGA
 THESE CLASSES COMBINE POSES AND STRETCHES TO CREATE A MIND AND BODY CONNECTION. MATS ARE PROVIDED, BUT WE ENCOURAGE YOU TO BRING YOUR OWN.

SLOW FLOW YOGA: BEGINNER
THIS CLASS WILL BE DONE IN COORDINATION WITH YOUR BREATH AT A SLOWER PACE.

SUNRISE YOGA: INTERMEDIATE
START YOUR DAY RIGHT WITH THIS ENERGIZING VINYASA FLOW CLASS TO WAKE UP YOUR BODY AND MIND.

VINYASA YOGA FLOW: INTERMEDIATE
THIS CLASS WILL GUIDE YOU THROUGH FLOWS AT AN ACCELERATED PACE.

YIN YOGA: INTERMEDIATE
INVITES YOU TO SLOW DOWN WHILE NOURISHING JOINTS, LIGAMENTS, TENDONS AND FASCIA. POSES ARE HELD FOR 2-5 MINUTES ALLOWING JOINTS AND FASCIA TO RELEASE.

WEEKEND WARRIOR YOGA: INTERMEDIATE
THIS 75-MINUTE CLASS WILL FOCUS ON INCREASING BALANCE, FLEXIBILITY, AND BREATHING CAPACITY.

ZUMBA
WITH RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS, THIS CLASS WILL GET YOUR ENERGY LEVELS SOARING!