





## Group Fitness Class Descriptions

### Group Exercise

#### Barre Basics

Using the principles of ballet, pilates, yoga and strength conditioning to help achieve better balance flexibility, toning, core strength and posture awareness for a longer leaner body

#### Barre Body

Here we take Barre to a deeper practice with additional challenges. Music moves this class at a pace sure to make you feel the burn.

#### Barre Fusion

Barre Body meets the creativity of our instructors well rounded expertise. Added props and sequencing give you a full body unique and challenging workout.

#### Body Sculpt

All level challenging strength routine workout that will tighten and tone your body. This class incorporates strength, balance and flexibility.

#### Boot Camp

Circuit style training incorporating a mix of weights, minor equipment, body weight exercises, functional training and explosive moves. All levels.

#### Cardio Barre

Barre meets cardio. This class will have a heart pumping fat burning spin on our signature Barre classes.

#### Cardio Dance

A follow along cardio dance party! Let our instructors lead you on fun and expressive variety dance fitness workout to motivating music.

#### Chair Pilates

This class is specially designed to strengthen your abdominals, lower back and pelvic floor muscles. Exercising the core is essential to good posture and balance. By building a strong core foundation, your overall physical health and appearance is improved and will help you enjoy all of the physical activities that you look forward to.

#### Dance Fusion

Prepare to sweat in this class filled with fun combinations of dance styles from an array of the hottest moves.

#### Flexibility Plus Core

Live strong with balance work, complete range of motion movements, stretching and core conditioning. Great for beginners to intermediate levels.

#### HIIT

High-intensity interval training (HIIT), is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

#### MMA Boot Camp

Mixed Martial Arts circuit training with explosive and effective practical self-defense moves with emphasis on form, discipline and power for metabolic strength and endurance building results.

#### Muscle Max

Bring the weight room to the studio! A strength class using barbells, kettlebells, dumbbells and your own body weight to maximize your strength and define muscles. No muscle gets neglected!

#### P90X Live!

This fitness breakthrough has helped millions of people go from regular to totally ripped. This platform includes motivating music and exercises with modifications for all fitness levels.

#### Pilates/Pilates Power

Mat based class using the Pilates principles in Core training. Pilates Power incorporates more challenging exercises.

#### Senior Fitness

Participants are encouraged to work at their own pace in this total body strength training, balance, flexibility and core conditioning class. Exercises will be performed in both seated and standing positions.

#### Strength

Reshape your body as we move through simple, fast-paced and compound strength moves utilizing all three energy systems resulting in increased strength, mobility, stamina, confidence and motivation for anything in life.

#### Step

Our very popular cardiovascular step class goes high intensity/low intensity intervals. Burn the calories!

#### Strength Basics

Build overall strength, help reduce bone loss and compliment weight loss with this no frills, 45-minute strength and core class. Also includes balance and mat work.

#### Strength Conditioning

Are you looking to develop lean and sculpted muscles? This total body work out will keep you coming back for more. Challenge yourself using free weights, body weight, resistance bands, stability balls, Bosu, etc.

#### Strength Intervals

Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

#### Stretch & Roll

This unique class is designed to increase flexibility, relax those tight muscles, increase blood flow and improve mobility. Learn the art of foam rolling, various stretching techniques from dynamic to static and leave feeling more relaxed and rejuvenated.

#### TBC

Total Body Conditioning in a high-energy format to challenge muscular strength and cardiovascular endurance.

#### Tabata Boot Camp/Tabata

20 seconds of hard work, 10 seconds of rest, repeat = Tabata! This high intensity interval training complete body workout guaranteed to blast fat, strengthen your body and increase stamina.

#### Tread, Walk, Run

Whether you are looking to start running, run a 5k, 10k, ½ marathon or full marathon this is for you! The instructor will take this outside if the weather is right.

#### TRX

This is a revolutionary method of leveraged body weight exercises. Safely perform an endless variety of exercises that quickly increase a strong core, strength, flexibility, balance and build incredible power in the body.

#### Warrior Sculpt

Strength and cardio meet Pilates and Yoga in a best of all formats class. Move and sculpt your way to a better balanced, leaner and stronger you.

#### Weekend Warriors

Meet in gym for a mix of Boot Camp drills, Tabata Intervals, body weight and strength challenges. This is sure to bring out the warrior within and make for a great start of your day!

#### Zumba

Dance your way to a tone body and have a blast! Great music, dance moves and always a big energetic group!

#### Zumba Gold

Seniors get in on the fun and benefits of the hottest dance class in town!

### Water Fitness

#### Aqua Barre

This is a Barre class in our warm water pool. Experience the same great benefits of toning, posture, core, stretch, flexibility and light cardio in the water.

#### Aqua Fit/H2O Challenge

Active high intensity cardio aqua workout designed to strengthen and condition the entire body and build endurance without impact and stress.

#### Aqua Intervals

Aqua high-intensity interval training (HIIT), is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense aerobic recovery periods. We do this in the water using common aqua exercise moves in high-intensity.

#### Aqua Pilates

Pilates performed in our warm water therapy pool. In this 45 minute class you will improve your core strength, stability, postural alignment and flexibility achieving an optimal range of motion while minimizing stress on your joints.

#### Aqua Yoga

Hatha Yoga in our warm water pool. Experience the same great benefits of a traditional yoga and meditation practice connecting mind and body through breath and movement in the water.

#### Deep Water Workout

Invigorating workout in the deeper lanes of the pool.

#### Liquid Flow

Warm water class focused on flowing gentle full range of movements, stretching, flexibility and balance.

### Mind/Body

#### Cardio Flow Yoga

This class is physically challenging, fast-paced and designed to build both strength and endurance. It incorporates traditional yoga poses and is suitable for intermediate to advanced students.

#### Chair Yoga

Slower paced gentle yoga class using chairs and props for beginners and those with limitations. Posture, strength, flexibility and breath emphasized during this practice.

#### Hatha Yoga

Traditional yoga and meditation practice connecting mind and body through breath and movement. Poses are held for longer periods of time to increase flexibility or build muscle and bone strength.

#### Power Flow Yoga

This class offers a physically challenging, flowing practice that will get your heart pumping while you work on strength, core, balance and focus.

#### Qi Gong Yoga Fusion

Amplify your internal energy and focus with this invigorating mind-body workout consisting of flowing movements, stretches, breathing exercises and meditation.

#### Restorative Yoga

This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

#### Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow in the body.

#### Vinyasa Yoga

Participants will experience a guided, flowing, dynamic form of yoga, linking movement and breath to intention. Vinyasa is an active practice that strengthens, tones and improves balance and flexibility.

#### Yin Yoga

Slower paced gentle yoga class designed to soothe and nourish both the body and mind.

#### Yoga Basics/All Levels

Practice poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures.

### Cycle

#### Cycle! Rock & Roll

This class focuses on endurance, strength, intervals and recovery on the bike. Then, finish with 15 minutes of foam rolling for self-myofascial release.

#### Power Cycle

Take a heart-pounding ride through hills and drills. Let the instructor and the music guide you to the best cardio calorie burner out there!

#### Video Cycle

This class is designed around music videos and scenic rides. Get lost in the fun and burn lots of calories on this intense ride!