



CLASS DESCRIPTIONS



BARBELL BLAST

Weight Training amped up! Barbell Workout for those who like to mix it up a bit. Build muscular strength and endurance with a mega calorie burn. Come check it out!

BODYSHRED

A high-intensity, holistic resistance and endurance-based fitness class. The 3-2-1 Interval Format is comprised of four 6-minute, high-intensity circuits to achieve a strong, shredded body. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance!

BODY CAMP

Campers are challenged in various aspects in this full body, mind and soul class. We'll work that body from top to bottom, moving in all directions! Expect a variety of styles coached to all levels. This class promotes a healthy heart, an opportunity to gain a greater sense of coordination, connectivity and balance, and the opportunity to become more agile, faster, firmer & stronger!

CORE & MORE

Core and More focuses on strengthening all areas of your core including your lower back. Low-impact cardio segments will help improve balance while tightening and toning the midsection by using lightweight and bands. All levels welcome!

CYGA (Cycle & Yoga)

The best of both worlds. Work for 30 minutes on our indoor cycles to invigorate your cardiovascular system through optimum aerobic and anaerobic thresholds. While your heart is vibrant and oxygen levels high, transition into stretching and breath work of a purposefully designed yoga practice. You will leave this class relaxed and energized!

CYCLE FUSION

Enjoy a vibrant blend of a heart pumping cycle blast followed by functional fitness incorporating free weights and bodyweight exercises.

DANCE FIT

This fitness dance class is set to the tune of upbeat pop hits. Various levels of intensity will help increase cardio endurance and overall circulation as it helps tone muscle—all while feeling like a fun night out dancing with friends!

FIT & FABULOUS

This class design is for anyone new to fitness that needs to move at a slower pace. It is great for beginners! Cardio and muscle sculpting segments tailored to meet your needs. Class focuses on cardio, strength and balance.

PILATES MAT

A full body workout with emphasis on the core and supporting muscle groups. There are breathing techniques used to enable the mind-body connection. Class includes standing balance work in addition to exercises on the mat. Different equipment may be used to add intensity.

SOULfusion

A rhythmic fusion-style of group fitness that features yoga-inspired flows, body-weight and weighted strength training movements, balance sequences, and cardio bursts.

STEP & STRENGTH

Challenge your brain and body with this mix of cardio and strength training. Step combinations broken down making it fun for beginners and experienced steppers. Strength training will be incorporated to guarantee a great full body workout.



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STRETCH & FLOW

A full body stretching and strengthening experience designed to improve function and flexibility of all major muscle groups. The class will focus on the following components: dynamic and static stretching, postural and core strengthening, spine stabilization and muscle tension release. Leave feeling refreshed and relaxed!

STRETCH & TONE ESSENTRICS

Suitable for all fitness levels, simultaneously combining stretching and strengthening, engaging every muscle and joint. This class will increase flexibility and mobility for a healthy, toned and pain-free body. This dynamic class incorporates standing, mat, and barre work.

STRICTLY CYCLE

Non-impact, high-energy workout that is full of cardio with a great lower body workout! There are cycling intervals incorporated throughout the workout. Space is limited to 13 riders.

TOTAL BODY SCULPT

T.B.S. will work all muscle groups in one workout using a combination of hand-weights and body weight exercises. Sculpt will help to increase strength, tone muscles and burn fat.

TOTAL BODY TRAINING

This fun energetic class is a total body workout that focuses on every muscle group and combines strength and cardio exercises to melt fat fast, improve body definition and increase your energy levels throughout the day!

TRIPLE THREAT

A total body mix of cardio, strength and core to strengthen and tone your entire body! Bring your towel and water; prepare to sweat! With plenty of options offered this is a great workout for all levels of fitness.

ULTIMATE FITNESS

One of the best ways to start your day and turn on the burn! Sculpt and tone muscles with this high-repetition dumbbell workout with bursts of cardio fun mixed in.

WATER FITNESS

This is a low impact class for all ages. Spend an hour in the water stretching and doing light resistance exercises. This is a great class for rehabilitating the body!

YOGA

Relax and stretch those tired and sore muscles. Learn correct breathing, posture, and form with spinal flexibility and full body muscle toning for weight loss. You will feel renewed!

- **Hatha Yoga**- Incorporates breathing with postures along with balancing. Sun salutations are optional.
- **Yin Yoga**- Strengthen bones, connective tissues, fascia and ligaments. All postures are on the floor.

ZUMBA

This Latin American dance workout is high energy and lots of fun! You will learn easy to follow dance combinations that will work every part of your body.

ZUMBA STEP

We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor.