

CLASS DESCRIPTIONS



Cardiovascular Training

HIIT (HIGH INTENSITY INTERVAL TRAINING): A cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. This 30 minute class is comprised of mostly body-weight exercises.

SPIN (30, 60, 75): With a motivational instructor and energizing music you can tackle any climb, sprint, or endurance interval. Our newest bikes include top notch technology that allow all fitness levels to get measurable results from a cardiovascular workout. Come in, hop on a bike, and enjoy the ride! (30 mins, 60 mins or 75 mins).

STEP: Step and strengthen to the beat! Using the 32-count principle of step aerobics and beat-based muscular endurance training, you will have a blast in this high-energy fitness class.

Muscular Strength + Endurance

BODY TONE: Strengthen your muscles from head to toes in this resistance training class. Train your entire body for 60 minutes. All levels welcome.

BARRE SCULPT: Inspired by ballet, Pilates, yoga, and fitness, barre focuses on postural strength and body alignment. Through a series of movements you will engage large and small muscle groups not commonly used while exercising. Barre incorporates resistance training, flexibility, and muscular endurance.

ALL ABS: With a strong core comes a strong body! This 30 minute core-focused class will target the rectus abdominis, erector spinae, external obliques, hip flexors, and other stabilizing muscle groups. Add resistance or just use body weight, the choice is yours!

SYNRGY360: Enhance overall strength and cardiovascular endurance with this challenging and unique functional training class. Intervals, circuits, and partner work will maximize your output. All levels welcome. This class will take place in the Functional Training Studio.

LOWER/UPPER BODY SCULPT: Work to build strength in your lower body or upper body in these back to back 30 minute classes. These classes often use circuits, intervals, AMRAPs, or beat-based methods to maximize your time.

Mind + Body

VINYASA FLOW YOGA: Connect breath, mind, body, and intention seamlessly through a series of yoga posture combinations. Feel strong, stable, invigorated, and refreshed while you enter a deeper connection with your entire body.

SUNRISE YOGA: Flow through an early morning yoga class. This gentle class is taken at a slower pace, and will encourage you to start your day on the best note possible! Begin your day with a clear mind and a warm body. Welcome all beginners and experienced Yogis!

POWER YOGA: This class uses mind body connection to create an invigorating, heat-producing practice that detoxifies the system, realigns the body and energizes the spirit. Be prepared to sweat, work hard, and challenge yourself! Your instructor might even include weights! LEVEL: Intermediate/Advanced

RESTORATIVE YOGA: Restorative yoga is simply that--restorative. It is the centering of your breath and body. This practice will offer aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer.

Choreographed Cardio

ZUMBA® : The fusion of Latin and International dance moves create a dynamic, exciting, and effective fitness system! The routines feature aerobic interval training with a combination of easy to follow dance steps that tone and sculpt the body's muscles!

WERQ®: Whether you believe you can dance or not, this class is for you. Lose your inhibitions to the hottest pop and hip-hop songs. We'll get your body moving with easy to follow dance combinations sure to keep you wanting more each week!



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