

## CARDIO FITNESS

### BOOT CAMP / BOOT CAMP CIRCUITS

A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout! BOOT CAMP CIRCUITS is same workout, but on timed intervals.

### CARDIO KICKBOXING

Get your heart rate up with punches, kicks, jabs & upper cuts! Join us for this high energy fun way to burn some calories!

### H.I.I.T: (High Intensity Interval Training)

Workouts are 15 to 30 minutes in duration, that include short, intense sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and may not be appropriate for beginners.

### INSANITY

Join the current fitness craze, with high intensity, cardio & strength moves to challenge your body and your limits!

### KICKBOX INTERVALS

Combine the effectiveness of high intensity work with kickboxing moves and you'll get not only a fun class, but a dynamic workout!!

### ZUMBA

This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Come join the fun!

## TRX SUSPENSION TRAINING

### TRX CIRCUITS

Using the TRX training system alongside other equipment to provide a variety of circuits to get strong & lean!

### TRX TRAINING

TRX Suspension Training class that will focus on the essentials to develop form & technique and use the basic exercises to transform your idea of a body weight workout! All levels welcome!

## SPINNING

### SPIN® Express

The same cycling journey as SPINNING®, just a shorter ride. 30-40 minute ride, Bring your water! All levels welcome!

### SPIN & CORE

50-55 minute ride, followed by 15 minutes of exercises to strengthen your core! Don't miss this one!

### SPIN FLEX FUSION

Get it all in one class! A 30 minute ride with 15 minutes of strength exercises! Great way to burn more calories in less time!

### SPINNING®

An amazing 60 min journey, riding towards better health and fitness. Simulates true cycling in an indoor environment, designed for all fitness levels. Must bring towel and water bottle!

### SPIN-SWEAT-STRETCH

35 minutes on the bike for some heart pumping flats & hills. 10 minutes giving your body what it needs by focusing on deep stretches to restore for your next ride!

### WAKE UP RIDE

Start your morning off right with a 35 minute ride to get your body burning calories early! Great for busy schedules—get your workout done early!

## MIND/BODY

### CARDIOYOGA

A brisk paced YOGA class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

### FITNESS YOGA

Come experience fitness based yoga. Empower your mind and strengthen your body as you move through a series of poses. Geared for fitness enthusiasts.

### HATHA YOGA

A yoga experience that focused on the heart center and alignment in each pose to get maximal stretch and postures. All levels welcome.

### PILATES

The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

### POWER FLOW YOGA

Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

### SUNRISE FLOW YOGA

Wake up the body with a one hour class designed with a vinyasa quality of movement, but at a pace that allows all level yogis to participate to find deeper access to each pose and the practice as a whole.

### YOGA

A challenging body/mind adventure incorporating asanas, breathing & mindfulness for a complete yoga experience.

### YOGA FOR STRENGTH & BALANCE

Combination of Ashtanga, & Iyengar, yoga styles. This class focuses on alignment, breathing, & balance. Participants of all levels are welcome & should expect a lighthearted, but physically challenging experience.

## STRENGTH

### AB BLAST

Learn proper form & technique for strong core development in this ABSolutely awesome class.

### BUDDY BURN

This combo cardio & strength class is designed for those who want to improve total body strength & endurance. Workouts are created for partners! Bring a friend or meet a new one at class! It's gonna be fun!

### BUTTS & GUTS

Tone legs and core like never before in this 45 minute class

### TOTAL BODY BURN

Join this fun and challenging class that will get the heart rate up while strengthening your entire body!

## GROUP EXERCISE CLASS TIPS:

- Don't be afraid to try out new classes!
- Be sure you work at your pace, not others or the instructor
- Be sure to bring water and replenish before, during & after workouts!
- Respect others in the class—be on time & don't disrupt with talking & socializing during the class.
- Most importantly Have a blast! Find a workout you love & bring a friend!