GROUP X CLASS DESCRIPTIONS

Barre: Looking for a new workout to keep your fitness style fresh? Come meet us at the barre! This class incorporates Pilates, ballet, and yoga techniques into a muscle-sculpting workout with exhilarating cardio bursts. You will define and challenge your body in a whole new way. With upbeat music to energize and keep you moving, you’ll leave class with a smile on your face feeling strong, sweaty, and motivated.

Bootcamp Abs: Tired of doing hundreds of crunches on the floor? This quick thirty minute class focuses on strengthening your abs and back using a variety of safe, effective, and fun exercises. Light stretching included.

Toning: Connect with a supportive community in a fun class focused on those who want to get fit and stay strong in order to live life to the fullest. Build resilience through arm, leg, and core strengthening exercises to improve balance and agility. Regardless of current level of fitness, this class will help lower fat stores, prevent injuries, reduce stress, and improve mental health.

H.I.I.T.: Join us for a class that is sure to get your heart pumping! You will enjoy short bursts of high-intensity movements that will help you feel the burn throughout the entire class!

Hip Hop: This class takes hip hop to a whole new level—a fun, upbeat workout that is guaranteed to get your heart rate up and sculpt your body. With energizing music and motivating instructors, you won’t want to stop dancing. Rhythm not required.

INSANITY®: Join us for this high intensity interval class that will help improve your endurance, strength, balance, coordination, and agility. This class uses your own body weight to give you a total body workout.

Pilates: If you are looking for a class that has a wide variety of benefits, this is the class for you. We will utilize low-impact toning exercises to challenge your cardio strength, balance, upper and lower body strength, and core strength. Stretching is included to help you increase your overall flexibility.

Power Surge: Get down to business with a high intensity, easy to follow, continual cardio workout with frequent 1-minute power surges to focus on strength, power, and endurance. Cardio component followed by core work & toning!

Power Step: Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping! Abs and stretching included.

Yoga: Yoga is widely incorporated in the health and wellness field and for good reason. It focuses on using specific movements and poses to increase flexibility and strengthen your entire body. All of our yoga classes are meant for yogis at all levels, from beginner to seasoned. Our schedule offers a variety of yoga styles to best fit your preferences and goals.

Hardcore Yoga – Based primarily on Ashtanga yoga, this is a challenging and fast-paced style of yoga designed not just for the athlete, but all yogis alike.

Restorative Yoga – Come unwind and recover from your stressful schedule with this relaxing yoga class. As a more mellow form of yoga, you will move through simple poses that flow from one to another at a comfortable pace. This class is great for stress relief, using techniques that heal both your body and your mind.

Sunrise Yoga – Rise with the sun and start your day off right with this invigorating yoga class. Following Vinyasa style yoga, you will coordinate movement through yoga poses with deep breathing techniques, all while working up a light sweat.

Yoga Sculpt – While using some elements from Pilates, yoga sculpt will have you feeling the burn as you work up a sweat and tone your entire body.

CYCLING CLASS DESCRIPTIONS

The Climb: Come challenge yourself to a ride with a variety of climbing ranging from rolling hills to mountain tops. We will have you feeling the burn as you build up your stamina and leg strength.

Cycle Revolution: A creative blend of our most popular cycling formats. This class is sure to burn calories and keep the rider guessing what comes next.

Kick Start: Set those alarm clocks and come join us for an early morning ride to kick start your metabolism! This class will cover a wide variety of techniques to get your heart rate going. Designed for beginner cyclists to the advanced.

Midday Madness: Got a quick break from class or work? Come join us at noon for a fast-paced bike ride that will focus on building your cardiovascular strength and endurance.

Power House: This class will cover all basic techniques designed for everyone, from beginner to advanced riders. With motivating instructors, we will take your love of cardio workouts and turn it into a passion for cycling.

Power Lunch: A class that will cover all the basic techniques designed for beginners to the advanced. Stop by during your lunch break and energize the rest of your day.

Race Day: Race day is not for the faint of heart. This class aims to test both your strength and endurance through a blend of intense sprints, high-paced flat segments, small hills, and jumps.

Ride & Shine: Join us for this early morning cycle class and start your day off right. This class will include climbs, sprints, hill intervals, and jumps that will guarantee an early morning sweat.

Sculpt: Join us for this combination of intense toning exercises both on and off the bike. With a challenging toning component on the bike and high repetition dumbbell work, you will get a great cardio workout while simultaneously sculpting your body.

Spin Bootcamp: Think being on a bike for 50 minutes is too long? Join us for this high intensity interval ride that incorporates off the bike toning segments that target your core, arms, and legs muscles.

Sprint City: Join us for this high intensity interval ride, designed to burn maximum calories, build your endurance, and challenge your limits.