GROUP X CLASS DESCRIPTIONS

20 Minute Abs and Bootcamp Abs: No guts, all glory. Twenty minutes of strengthening for your abs and back using a variety of safe and effective exercises. Stretching included. All abs welcome!

BodyROCK!: These diverse high intensity dance & cardio classes help you MELT away those excess calories through a progressive dance style tailored to accommodate all levels. Join us for this electrifying atmosphere to help you get in the best shape yet!

Boomer Body Blast: Connect with a supportive community in a fun class focused on Baby Boomers 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 and moves to improve balance and agility. Regardless of current level of fitness, this class will help lower fat stores, fight diabetes, prevent injuries, reduce stress, and improve mental health.

Body Band Blast: Join us for this intense weight training class with high repetitions by using only a resistance band. We promise that you will feel the burn!

Power Pump + Total Body + Arms & Abs + Core & Flexibility + Lower Body/Rock Bottom + Tone & Core: Join us for these upbeat strength training sessions that will get those specific muscle groups into their best shape possible!

Hammer-Time: Take your workouts to a whole new level with interval training outside using our heavy duty sledge-hammers and tires. You must meet at the doors of studio A to participate.

HIIT + CARDIO MAXX: Join us for a class that is sure to get your heart pumping! Both classes you will enjoy short bursts of high-intensity movements that will help you feel the burn throughout the entire class!

Early Bird Yoga + Noon Yoga: Start the day off right and energize your morning. Classes are geared to the group exercise fitness enthusiast that wants to learn and practice Hatha Yoga. What is Hatha Yoga? - This mellow form of yoga focuses on simple poses that flow from one to the other at a very comfortable pace.

Hardcore Yoga + Active 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. This method is designed to tone and strengthen while increasing overall flexibility.

Hip-Hop Hype: If you enjoy the beat of hip-hop music and like to dance, then Hip-Hop Hype is your class!

PIYO + Pilates: Need a core and stretching class that is easy, but abs just doesn’t cut it anymore? Then PIYo is the class for you. It uses traditional Pilates & Yoga techniques to create the long lean muscles we all want!

Power Pack Combo: join us for this exciting cardio class, primarily packed with 20 minute components using the step, 20 minutes PowerSurge cardio with frequent 1-minute strength intervals followed by the entire class strengthening.

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

Power Step + Step It Up! + Step & Resistance: 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.

Slow Flow Yoga: A slow flow or vinyasa class geared towards beginners & seasoned yogis, focusing on alignment and breath.

Tai Chi: gain strength, relax the mind and body all while learning self-defense strategies through a disciplined form of exercise characterized by a series of very slow and deliberate balletic body movements.

Total Body Strength: Get the most out of each rep. Resistance strengthening exercises for men and women helping to redefine your muscles using weights, balls, body bar, and bands. See the results! Abs/stretching included.

Zumba: Dance and move to the Zumba rhythm. The routines combine fast and slow rhythms that tone, sculpt, and inspire! This class is guaranteed to make everyone sweat.

CYCLING CLASS DESCRIPTIONS

Calorie Blaster: Come burn off those excess calories and increase your endurance in this motivating, high intensity class.

The Climb: Come challenge yourself to a ride with a variation of hills that will build up your stamina and leg strength.

Cycle & Core: Join us for this combination of intense cycling that incorporates a challenging abdominal component off the bike just before the cool-down.

Cycle & Jog: Join us for this combination of intense cycling that incorporates a challenging cardio component off the bike up the stairs and around the Sanderson track.

Cycle & Tone: Join us for this combination of intense cycling that incorporates a challenging cardio component with high repetition dumbbell work to ensure that you work all muscle groups.

Kick Start: Will cover all the techniques, designed for beginners to the advanced. Set those alarm clocks and come join us for an early morning ride!

Peak B: Join us for this high intensity interval ride, designed to burn maximum calories and effectively use your energy systems throughout the ride!

Power House: This class will test your strength through intense hill training, climbs, sprints, and jumps. It has it all!

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 for the advanced spinner to test both strength and endurance through a blend of intense sprints, flats, small hills and jumps.

Recovery: After an exhaustive race day, you deserve a rest. Come join us for this ride consisting of flats and light hills to get you back on track for another intense ride.

Spin Bootcamp: join us for this high intensity interval ride that incorporates off the bike movements such as squats, lunging, jumping jacks and high knees!