

GROUP X CLASS DESCRIPTIONS

Arms & Abs: Sculpt your upper body and abs in this 30 minute express toning class.

Guts & Glutes: Work your entire lower body and your abs in this 30 minute express toning class.

Total Body Toning: This full body workout is designed for all fitness levels to target major muscle groups through strength training. We will use a variety of equipment including weights, resistance bands, body bars, BOSUS and more!

Power Surge: 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.

Step and Sculpt: Get your cardio and strength fix with this mix of step combo's, cardio intervals and full body toning exercises.

H.I.I.T: High Intensity Interval Training. Join us for a class that is sure to get your heart pumping! You will enjoy short bursts of high-intensity cardio movements that will keep your heart rate high the entire class.

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.

Kickboxing: Come check out our NEW kickboxing studio! Integrate punches, kicks, plyometric drills, body weight exercises and intervals into this high intensity cardiovascular workout. No boxing experience required.

***Boxing gloves recommended but are NOT provided**

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.

Zumba: Ditch the treadmill and join the dance party! This Latin- inspired workout includes fun and easy to follow moves to keep your heart rate pumping and your smile big.

Barre: 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. No previous dance experience needed.

Yoga 1: Connect your body, mind and spirit in this yoga class meant for all fitness levels. You will experience a combination of breathing exercises, flexibility, balance and relaxation techniques.

Yoga 2: This is an intermediate to advanced level class that will allow you to take your practice to the next. You will experience a full body workout through this moderate to high intensity strengthening class while also focusing on mind and body connection.

CYCLING CLASS DESCRIPTIONS

Sunrise Cycle: 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.

Cycle Express: This class is designed to get an effective, high intensity workout in a shortened 30 minute class. Join us on the bike for jumps, sprints, hills and more.

Cycle: A heart pumping, high intensity cardio workout that will include climbs, sprints, jumps, intervals, endurance rides and fun on the bike! This class is designed for all fitness levels, no previous experience needed.