**GROUP X CLASS DESCRIPTIONS**

**Balance:** Join us for this Friday class to restore and balance after a long week. This class will include a variety of stretches, toning, abs, and some yoga moves to give your muscles a day of active recovery.

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

**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.

**Early Bird 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.

**E.D.G.E.:** Extreme Dynamic Group Exercise is a class filled with an array of strength and resistance training components, anaerobic work, speed and agility work. Note – the location of this class is subject to change at the instructor’s discretion.

**H.I.I.T.:** 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!

**Hip Hop Fusion:** This class combines hip hop with Latin dancing to guarantee you a workout that will make you sweat. Try this fun and upbeat class that will tone and sculpt your body.

**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:** 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 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:** 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.

**Power 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.

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

**Tai Chi:** Tai Chi is "life force" or "life energy" which follows the natural rules of earth and sky. Using slow, smooth and deliberate movements forming a gracefully dance. Tai Chi dance will strengthen the body and mind while improving balance, flexibility and overall health.

**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**

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

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

**Early Bird Cycle:** Join us for this early morning cycle class to start your day off right. This class will include climbs, sprints, hill intervals, and jumps that will guarantee an early morning sweat.

**Instructor's Choice:** A creative blend of some our most popular cycling formats. This class is sure to burn calories and keep the rider guessing what comes next!

**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 8:** 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.

**Reel Cycle:** Come enjoy a scenic ride through some of America’s most beautiful national parks and Europe’s country side. This class will use the projector to give you that outside ride experience and a great workout.

**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!