GROUP FITNESS CLASS DESCRIPTIONS

- **STRENGTH + CARDIO** - A total body workout! This class is designed to keep the heart rate up and burn calories working your muscles from head to toe. This class will challenge both strength and cardiovascular endurance fitness in a smart, thoughtful manner. All levels welcome. *55 minutes.*
- **STRENGTH, CARIDIO, + BARRE** – This class is a unique combination of strength training, cardio, and barre with upbeat music designed to give you a full-body workout. Basic strength and cardio for the first 40 minutes, finishing with low impact small isometric movements at the ballet bar. You'll walk out of class feeling sleek, toned, and accomplished. *55 minutes.*
- **TABATA** - A high intensity interval training that consists of sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. Intermediate to advanced participants. *60 minutes.*
- **FAB, FIT, FUN** - An energetic and fun fitness class for all ages and fitness levels. Strength and cardio included! Guaranteed to be a lot of FUN! *55 minutes.*
- **INDOOR CYCLING** - This class has something for everyone with a mix of hills, drills, and endurance challenges. Pedal to the pace in this results-oriented class combining cycling combos and strength work. This class will help you shape, sculpt, and tone with integrated cardio and strength work. All levels are welcome. New participants are encouraged to arrive 10 minutes early for bike set up. Water bottle and towel recommended!
- **PILATES BLEND** - This class gives you everything your body and mind need, combining the best of Pilates, Yoga, and Lightweight Training. Class will include traditional Yoga and mat Pilates exercises to improve core strength. Pilates Blend allows you to enjoy your journey into better fitness and an overall sense of wellness. Life is better when you blend! All levels welcome. *55 minutes.*
- **YOGA** - All participants are welcome to learn the fundamentals of Yoga practice, breathing techniques, safe alignment and overall well-being. Whether you are a beginner or and experienced Yogi, you will continue to learn and grow your practice in this class. *55 minutes.*
- **UNWIND YOGA** – Take time for YOU! Unwind is a blend of Hatha & Yin Yoga poses you will love. Unwind sore muscles and joints and meditation to clear the mind. All levels welcome. *55 minutes.*
- **REJUVENATION YOGA** – Reduce the effects of aging on your mind and body through Yoga. This beginner-friendly, gentle class will help you to keep your mind and body limber and fight the effects of aging by gently opening and stretching the joint base, fascia, and surrounding muscles. We will use breathing techniques, movement with breath, brief meditation, myofascial release and longer held yin-style poses to accomplish this. *55 minutes.*
- **MAT PILATES: FLOW & FLEX** – This class will focus on core strength, balance, flexibility, and functional movement, while sculpting long, lean, muscles. Mat Pilates: Flow & Flex will help facilitate the strength and flexibility needed to go about daily activities with improved mobility and stability. All levels welcome. *55 minutes*.
- **TOTAL BODY BOOT CAMP** – Strength and aerobics training designed to tone your body, improve your endurance, and overall fitness. *55 minutes.*
- **CLASSIC BARRE** – An effective low impact, full body Barre workout!. You will be guided through a series of non-impact isometric movements designed to tone & strengthen your body. All levels are welcome! *55 minutes.*
- **FUNCTIONAL MOVEMENT + MOBILITY** - Connect, fortify, and move! Begin with a warm-up that enhances body awareness, and neuromuscular stability. Transition to full-body strength training with an emphasis on core, and end with primal movements that build power, agility, and coordination. Fall in love with movement all over again! *55 minutes.*
- **POWER HOUR / TOTAL BODY CONDITIONING** - This class is designed to challenge and strengthen major muscle groups while boosting cardiovascular health. Class will include use of the bands, balls, dumbbells, and weighted bars and will challenge balance and coordination. All levels welcome. *55 minutes.*
- **TRIFECTA** - Trifecta is a well-rounded 55-min workout with 3 components: spin, strength & stretch. Improve your overall fitness and promote recovery. All levels welcome.

Reminder, kindly silence cell phones during Group Fitness and Yoga classes. Thank you!