

Group Exercise Class Descriptions



Body Pump: Challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors & your choice of weight will inspire you to get the results you came for - & fast!

Body Combat: This is a high-energy martial art inspired workout that is totally non-contact and there are no complex moves to master! You will punch and kick your way through a whole-body workout, getting fit, fast, and strong!

Body Flow: Ideal for anyone and everyone, this is a yoga-based class that embraces elements of Tai Chi and Pilates. You will strengthen your entire body and leave the class feeling calm, centered, and happy.

Boot Camp: A full body workout that allows you to challenge yourself as much as you want. This class is designed to provide the ultimate in agility & cross training.

Circuit Training: This class is a mix of different modalities created to get your heart rate up & strengthen your body.

CORE: 30 minutes of building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. Excellent supplement to other class formats.

Cycling: A non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

Cycle HIIT: Incorporate the studio cycle method with bouts of interval training. Burn tons of calories in this sweat inducing class designed to take your fitness to the next level.

Cycle Sculpt: Rev up your workout & burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

Gentle Pilates: Gentle and functional mat-based moves combine to improve flexibility, balance, core strength and muscle tone.

GRIT: Les Mills GRIT Cardio is a high-impact cardio workout which is like nothing else. It is designed to burn fat whilst rapidly improve your athletic capability. With an explosive, 30-minute group fitness training session, it will combine high impact body weight exercises which uses no equipment.

HIIT: High Intensity Interval Training is a form of interval training will take your workout to the next level & push your physical limits. This is an advanced-level workout.

Kick & Cycle: Incorporate some cycling into your kickboxing! What?!? You will be on and off the bike in this class, mixing drills up on the bike and off, working your entire body in a new and fun way.

Pilates: A mat-based workout that will strengthen & lengthen your muscles, help improve posture, enhance stability, increase core muscle strength & improve flexibility.

POP Pilates: POP Pilates is a Pilates-inspired dance fitness class that fuses ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges student to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.

Pound: Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums!

Step: This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, you will get the added benefit of a challenging interval training routine.

Tabata: The Tabata Method consisting of 20 seconds of high intensity training, followed by 10 seconds of rest, performed eight times, is scientifically proven to change your body.

UJAM: An athletic hip-hop dance fitness workout that combines dance & high energy music for a workout that is bound to get your heart rate up, your body moving & make you work up a sweat — all while having FUN!

Weight Training: This is a non-aerobic, muscle toning, and strength and conditioning class that uses handheld weights. This class is for every fitness level.

Yoga: To provide you with a yoga class suited to meet your needs & wants, the YOGA classes are identified in 3 categories:

- **Flow** - A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous & mindful flow. Students will build strength, flexibility & concentration while cleansing the body & calming the mind.
- **Restorative** - Low intensity & includes restorative/yin aspects. Relaxation & tension release is the primary focus.

Zumba: This high energy class uses motivating music with unique moves & combinations to give you the best dance workout ever! Zumba® is based on the principle that a workout should be “FUN AND EASY TO DO” allowing its participants to stick with it to achieve long-term health benefits.