

Class Descriptions

- **Barre Fusion:** The class is a full body workout that concentrates on strengthening, lengthening and stretching the entire body. Each class combines ballet inspired moves with elements of pilates and yoga.
- **Circuit Training:** Rotate through various exercises in multiple stations that targets muscular and cardiovascular endurance and strength. Total body workout!
- **Fitness Fun:** Cardiovascular workout with the focus on play and fun. A variety of equipment will be used. Great for all levels of fitness.
- **Glutes & Abs:** Focusing purely on strengthening glutes and core muscles in this hour long class
- **Heavy Hitters:** Increase cardiovascular strength and striking power while improving coordination skills using the bags, weights, barbells and more
- **HIIT:** High Intensity Interval Training improving aerobic and anaerobic fitness.
- **Indoor Cycling:** Group cycling class using Keiser bikes. Increase aerobic endurance and capacity while climbing hills, sprinting and doing intervals. This cardio workout is for everyone!
- **Latin Step Fusion:** Combination of Step, strength & abs.
- **Power Cut:** Build strength and lean body mass in this weight training class.
- **Cycle Circuit** – Cycle on the bike and weights off the bike for a complete workout.
- **Stretch:** Increase flexibility and balance in this gentle and controlled class
- **Tai-Chi:** This graceful form of exercise involves a series of movements performed in a slow, focused manner and accompanied by deep breathing
- **Cross Cut-** High intensity functional movement and various elements from athletics & exercise combined in a group training setting. For healthy well-conditioned athletes and exercisers only.
- **Rock Steady** – Boxing class for those with Parkinson's Disease. Boxing, Strength, Circuits and More!
- **Sampler** – Barre Fusion, Fascia Rolling, Fitness Fun, Strength – Try it all!
- **TRX:** Using the TRX straps, build strength, flexibility and balance in this total body class
 - **Iron Circuit:** Total body conditioning using both the TRX and Kettlebells
- **Yoga:** Practice a group of physical, mental, health and wellness disciplines
 - **Classic:** Increase flexibility and balance through this gentle practice
 - **Power:** More intense and vigorous style of yoga
- **Zumba-** Fuse hypnotic Latin rhythms with easy to follow moves.
 - **Gold:** Active older adults who are looking for a modified *Zumba*® class that recreates the original moves you love at a lower-intensity
 - **Toning:** blend specific *Zumba*® moves and body sculpting techniques using maraca-like *Zumba Toning* Sticks for an intense strength-training experience