

## ADVANCED CONDITIONING

Wake up and chase the burn with this high energy athletic training using a variety of equipment. Recommended to intermediate to advanced exercisers.



**BODYPUMP®** is the "original barbell" class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## BARRE

A combination of postures inspired by ballet, Yoga and Pilates. The barre is used as a prop for exercises focusing on isometric strength training (body is still while contracting a specific set of muscles), combined with high reps of small range-of-motion movements. May also incorporate light weights, as well as mats for targeted core work.

## BOOT CAMP

A high energy class with intervals of strength, plyometrics, agilities, and cardio.

## CIRCUIT

This cardio interval class combines dancing, kickboxing, step, and hi lo work out with muscular strength and resistance workout to strengthen every muscle group.

## CYCLE

A virtual reality bike ride encompassing an all over body and cardiovascular workout.

## GENTLE YOGA

This class is designed to revitalize your body, relax your mind, increase energy, and reduce stress. For beginners; people with back, joint, or heart problems, or experienced students who want a slower paced, less strenuous class.

## HIIT

HIIT (High Intensity Interval Training) class offers segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody who likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that will help you get more fit!

## PILATES

This unique class is designed to improve flexibility and strength in a non-impact, balanced system of body/mind control. Core strengthening and conditioning are also an integral part of this class

## PUMP

The ultimate class for functional strength. A complete body workout targeting each major muscle group using multiple joint moves, body weight exercises and isolating targeted muscles. It is mingled with bouts of cardio and plyometrics. Class includes constant variation to stimulate and recruit different muscle fibers.



RPM is a licensed and choreographed an indoor cycling class. The ride is set to the rhythm of motivating music, which takes you on various terrains, all led by a certified and inspiring coach. This ride is sure to get your heart rate up and burn serious calories.

## MUSCLE MAX

A strength training class specifically weights and your own body weight to maximize your strength and define the muscles of your body. Each muscle group will get worked separately and by the time the class is over you will have gotten a full body workout. – be prepared to feel strong.

## SENIOR FITNESS EXPRESS STRENGTH

Full body strength work with hand-held weights, elastic tubing with handles, and an exercise ball. A chair is used for standing support, stretching and relaxation exercises.

## SENIOR FITNESS CIRCUIT

Enjoy a variety of exercise while moving to music in this chair based program. The class is designed to increase endurance and strength which will assist in easier management of your functional daily routine. Activities include exercise using hand-held weights, elastic tubing and balls plus learning to stretch and relax.

## SENIOR FITNESS YOGA

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## WERQ

WERQ is the fiercely fun dance fitness workout based on pop and hip-hop music.

## YIN/YANG STRETCH

Yin/Yang Yoga is a strength building, balanced, slow power flow (Yang) practice with longer, passively held (Yin) poses infused to work in the deep, dense connective tissue and joints. Yin/Yang Yoga builds strength, stamina, flexibility and joint mobility. Beginners are welcome and students are encouraged to modify poses to create the experience they need.

## YOGA

More athletes are discovering what the integrated mind-body approach to total wellness can do. Yoga will stretch and strengthen your body in a totally new way to help relieve tension from your body that blocks energy flow and makes you more vulnerable to injury and illness.

## ZUMBA®

Latin inspired dance fitness class that incorporates Latin and international music and dance movements. Faster dance movements such as meringue and reggaeton are alternated with slower movements such as Cuban and salsa.

## ZUMBA GOLD/ZUMBA GOLD EXPRESS®

This class is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements and low impact. \*\*ALL LEVELS