

Group Fitness Class Descriptions: JANUARY 2017

Anything Goes: Every class is something different and you never know what you're going to get because it is a surprise every time. With hi-lo, step, sculpting, lifting or a little bit of everything, you'll get a great workout for an entire hour.

Barre: A totally unique workout that fuses Pilates, yoga, aerobics, and strengthening exercises. Enjoy a fun and dynamic workout to sculpt your body and give you those strong, long and beautiful muscles.

Boot Camp/Sport Yoga: This class is a 45 minute boot camp/15 minute sport yoga. It is designed to improve your overall fitness – strength, cardio, endurance, agility and flexibility. A workout that keeps you guessing and challenges you differently in every class!

Cardio Dance: Cardio Dance uses a variety of music and dance steps including Latin, Hip-Hop, and ballroom. Dances will alternate between easy and more complex. Burn fat, blast calories! No experience and no partner necessary.

Cize Live: Think you can't dance, think again. Cize Live breaks down choreographed dance combos step-by-step, then puts the moves together to bust out the full routine. Get sweaty, gain confidence, and get an amazing workout!

Core Yoga: An energizing and challenging combination of yoga postures (asanas) that focuses on building core strength. For students who want to emphasize working on the physical body from the yogic perspective.

***Cycle:** A 60 minute fun, athletic, cardiovascular indoor cycling class – the ultimate calorie killer. Start pedaling and let go as the music takes you for a ride along various terrains, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat. All levels welcome. **SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE. ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.**

Cycle-30/Core-30: Begin this class with a 30 minute interval ride to improve leg strength, and cardiovascular endurance. End class with 30 minutes of intense core strength and stability work.

Express Barre: On your lunch break? Looking to sculpt that body in a jiff? Get ready for our Barre class – condensed to just 40 minutes to better fit your schedule.

Flow Yoga: Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, the flow of postures is used as a vehicle to enhance the mind/body/spirit connection. **40, 60 or 75 minute classes.**

Happy Happy Hour at the Barre: This one hour workout is designed to tighten and tone your glutes, strengthen and lengthen your hamstrings, minimize your thighs and define your abdominal muscles. By incorporating a variety of exercises and equipment, it's the perfect mix of strength and flexibility. Get ready to feel the barre burn!

Hot Yoga: Elements of Flow Yoga and Vinyasa Yoga in a heated room (85-90 degrees). It is a warm practice, but not overwhelming. By heating the room your body is warmed which allows muscles, joints and ligaments to ease deeper into the postures, pairing movement with the breath while, at the same time, detoxifying the body. **FOR ALL LEVELS. 60 or 75 minute classes**

Jump Start Cardio-30/Muscle Pump-30: A 30 minute class built to improve cardiovascular endurance and burn fat utilizing dynamic body movements, step, plyometrics, jump rope, and boxing to increase heart rate. Muscle Pump is a full body workout using resistance/weight training to increase muscular strength. Each muscle group will be worked to fatigue in only 30 minutes.

KickBoxing Bootcamp: Prepare to sweat in this bootcamp style class with intervals of sport specific exercises and boxing training. Increase your speed, agility, and strength with drills, boxing combos, and cardio.

Light Dance: Creative choreography and toe tapping music are the keys to this low intensity workout.

"New Year New You" Bonus Class (January 9 – February 19): Every class is something different and you never know what you're going to get. With hi-lo, jump rope, step, sculpting, lifting or a little bit of everything, you'll get a great workout for an entire hour. Handouts and weigh-ins before and after class.

PiYo: is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!

Power Yoga: Power Yoga is an energizing form of Flow Yoga for a challenging mind body workout.

Tabata: Tabata training is one of the most effective types of interval training. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

Total Body Blast: This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout that will have you leaving class feeling great!

TRX Circuit Training: This circuit training class uses TRX suspension, weights, jump ropes, body weight and more to combine strength, balance and cardio. This challenging class will improve endurance, strength and power. **Appropriate for all levels.**

Vinyasa Flow: Vinyasa Flow yoga features a dynamic series of postures (asanas) practiced in a flowing sequence and coordinated with the breath. This challenging and exciting style of yoga helps develop balance, strength, and flexibility as it tones the body.

Zumba: A Latin and hip hop flavored choreographed dance class for a non-stop, calorie burning, high energy dance workout.