

Group Fitness Class Descriptions: March 2020

20, 20, 20: Three workouts in one! This class combines 20 minutes of Zumba, 20 minutes of cardio kickboxing, and 20 minutes of toning and stretch. The ultimate challenge and total body workout all in one class!

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.

Butts & Guts: Is a whole body challenge. The freestyle workout incorporates a combination of body weight exercises, sports drills, cardio, balance and weight training. This class is designed to strengthen and tighten your whole body and core. Options are provided to accommodate all fitness levels.

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.

***Cycle:** Grab a bike and join the ride as you climb and sprint your way through freestyle cycle. This low impact, high energy workout will build strength, cardiovascular endurance, and burn calories. This class includes heart pumping music featuring changes of speed (RPM) and intensity (resistance) without the high level of joint impact. This freestyle cycle class is 45 minutes of high intensity riding, and 5 minutes of cool down with stretching. **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/TABATA 30: Start class with 30 minutes of freestyle cycle and finish with 30 minutes of TABATA.

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 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!

Hatha Flow: A gentle sequence of asanas (postures), hatha yoga style, with an emphasis on being in the present moment. Deep stretch, concentration, meditation and relaxation to renew your energy and strengthen your inner connection.

HIIT: Mix of circuit training, bootcamp, and TABATA style classes. All classes are a combination of cardio, strength, and core exercises for a total body workout.

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**

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.

Mix It Up Monday: This is a fun energetic fitness mix of Zumba, Hip Hop, and Toning! A great way to lose pounds and relieve stress that exercise can remedy!

Rock Solid & Core: This Class incorporates short bursts of intense cardio and strength training using dumbbells, resistance bands, battle ropes, and a variety of equipment to build overall strength! You will finish out the class focusing on core strength and stability. Come prepared to have fun, but work hard in this challenging class!

Rope Burn HIIT: A HIIT style training class using weights, battle ropes, and jump ropes. The class will alternate between strength training and cardio. Strength training will consist of upper, lower, and core exercises. Cardio will consist of jumping rope and drills. You will improve your balance, strength, intensity and endurance. No jump rope experience needed.

Slow Flow: Help you find the space between poses while still retaining the gentle rhythm of a flow yoga class. Slow Flow classes are a combination of Vinyasa Flow and Hatha yoga, with fewer transitions than Vinyasa yoga and more flow than Hatha yoga. All levels of Yoga practitioners can find their personal challenges, as they slowly and mindfully move through a series. Poses can be refined and strengthened, without feeling rushed into the next move, next breath, or next pose. Slow flow allows a person to become familiar with his or her body, create a reflective pause, and create the time to go inward

Saturday Stretch: A class that incorporates stretching to help relieve the soreness and tightness from your other workouts. A great class for people wanting an introduction to yoga as well as experienced yogis. Come get a great stretch before your weekend starts.

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.

Therapeutic Flow: A therapeutic stretching class with a focus on alignment awareness and body connection. Slow down and nourish your body and mind to prepare for the weekend ahead.

Triple Threat: Three dynamic formats packed into one intense class! The class is a combination of strength, cardio and core – every week will be a surprise!

Ultimate Strength & Core: Is a body sculpting class designed to increase physical strength through weight-bearing and resistance exercise using your own body weight, as well as Bars, bands, free weights and more. This class will focus on concentrated movement that will work for all your major muscle groups to make you stronger, leaner and fitter overall. Core training and stretching complete the workout.

Vinyasa Flow Yoga: 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.

Yin Yoga: Invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia. This class is a meditative, slow yet challenging practice with long held postures. The result is not only more lubricated and flexible joints, but also a greater sense of balance, peace, and calm. Props make the practice accessible to people of all abilities. This is an all levels class, appropriate for beginners and those new to yoga

Yoga & Meditation: Cultivate mind-body integration. Class begins in seated, guided meditation. Transition directly to a 1 hour alignment based yoga asana practice.

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