



**AB LAB:** 15 minute focus- all core and abdominal work. All fitness levels welcome.

**AQUA FUSION:** Water exercise is more than just swimming! Aqua Fusion offers an exciting alternative to dry land fitness classes while providing a great cardiovascular workout that is soft on the joints. Classes can be modified to meet all abilities and fitness levels. Participants improve agility, flexibility, range of motion and circulation. Great for ages 12 and up and open to all fitness levels.

**AQUA ZUMBA:** Make a splash and join us in this low-impact, high-energy aqua fitness exercise class! The natural resistance that water creates makes every choreographed step more challenging and helps tone the muscles.

**BARRE STRENGTH:** BOOTY, ARMS, & CORE-This class blends BARRE, PILATES, YOGA, and STRENGTH in one 55-minute trainer led class! Get "BAC" into the shape you want by creating a solid foundation. All levels welcome.

**BALANCE & STRENGTH:** Designed to help you maintain your balance and confidence at any age! This is a low impact class and moderately paced, designed for active mature adults and deconditioned individuals.

**BARRE BURN:** Blends the sculpting exercises of Barre that lengthens and strengthens muscles of the glutes, legs, core and arms with energetic, non-impact cardio movements for cardio vascular health.

**BEGINNING CYCLE:** New to cycling? Need a refresher? Or, just looking for an enjoyable ride? This 55-minute class begins with 15-20 minutes of set-up and general instruction, followed by a 40-minute ride. The ride will take you through a variety of "terrain" and simple drills, emphasizing good form while having fun. Come ready to learn and get comfortable on the bike!

**BODYPUMP™:** This is a class for anyone looking to get lean, toned and fit- fast! Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout in less than an hour! All fitness levels welcome.

**BODY WORKS :** A full body workout that combines aerobics and muscular conditioning using a step bench, free weights, body bars and tube bands. This class involves less jumping than its counterpart class Cardio Sculpt with a focus on developing muscular and cardiovascular strength.

**BOOTY BARRE BURN:** Dance experience and gracefulness is definitely not required! In this fitness class, you will be focusing on more than just your booty- workouts consist of a dynamic warmup and upper body workout followed by 30 minutes at the barre working in different planes with cardio blasts to keep your heart rate elevated. The class will conclude with Pilates inspired ab and back work.

**CARDIO XTREME:** Come join us in this fast-paced class incorporating step, plyometrics, drills and speed work for an intense cardio and endurance workout!

**CARDIO KICKBOXING:** Trying to find a new workout? This class will teach you the basic kickboxing techniques and skills- including leg work, core, shadow boxing along with bag work.

**CARDIO SCULPT:** A full-body workout that combines aerobics and muscular conditioning using a step bench, free weights, body bars and tube bands. This class focuses on muscular development while also increasing your physical and cardiovascular strength.

**CIRCUIT TRAINING:** Circuit training will focus on proper form, balance, strength along with building endurance for functional movements. A variety of equipment is used- open to all fitness levels!

**CYCLE:** An indoor cycling class set to motivating music using a weighted flywheel and gears, allowing you to modify the intensity of your workout. Open to all fitness levels. Climb hills, build strength and endurance and sprint yourself to a stronger and fitter you!

**CYCLE/BOOTCAMP:** Meet in the cycle studio for a fun 30 minute ride and then the last 30 minutes of class is held in the Athletic Training Room- set up for timed drills using med balls, battle ropes, TRX, free weights, ect. Note; bring athletic shoes for the last 30 minutes of class.

**CYCLE/SCULPT:** This is a great combination of cardio and strength to add to your work-out! Starting on the bike for 12 minute intervals followed by 12 minute strength intervals on the basketball court.

**CYCLE/TRX:** A 30 minute ride on the bike followed by 30 minutes of TRX

**DANCING AT THE BARRE:** Transform your body and your mind in this dance fitness, barre-infused class. Like any true ballet class, this class begins at the barre. Light props are often used to warmup, strengthen and condition your entire body before you glide across the center of the studio as you are led in a choreographed dance. Achieve better posture, flexibility and stamina in this dance fitness-focused barre class. No dance experience required.

**DEEP RELEASE YOGA:** Restorative yoga fused with myofascial release.

**FAMILY CYCLE:** The family that cycles together thrives together! This class is designed as a beginner level and kids are welcome to join in (note: the child must be able to reach the pedals and maintain proper form on the bike). We have a height chart in the studio so you can be sure your kid is ready. Kids or not, come enjoy the ride!

**FITNESS BASICS:** A safe and effective class including strength training, balance and flexibility. Ideal for the beginning exerciser and active mature adults.

**GENTLE YOGA:** A gently-paced and restorative class that focuses on breathing, posture, flexibility, strength and balance. All fitness levels welcome.

**HIIT BLAST:** An advanced high intensity interval training based workout. Use every muscle in your body with challenging yourself through timed drills using-body weight, plyometrics, and athletic movements!

**IYENGAR YOGA:** A form of Hatha Yoga that places an emphasis on precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas with the help of props such as belts, blocks and blankets.

**KICKBOXING CIRCUIT:** Timed kickboxing cardio/strength drills set up in a circuit format that allows you to work out at your own pace while keeping yourself challenged, maintaining strong form all while breaking a sweat!

**MEDITATIVE YOGA:** Learn how to quiet your mind, relax and embrace the beauty of silence as you sync your body and mind together. With the use of props like yoga belts and blocks to encourage proper alignment and reduce risk of pain or injury, you will be led beyond the postures of iyengar yoga to the yoga of meditation. All levels welcome.

**MELT:** Improve your body's ability to repair and balance itself with the use of soft foam rollers and balls. The MELT Method is a class that guides you through self-treatment techniques designed to restore the balance of the nervous system and help maintain healthy connective tissue. All levels welcome.

**MAT PILATES:** This classic Pilates format will challenge your core stabilizer muscles while simultaneously toning and lengthening the body. All levels are welcome!

**POP PILATES:** This new format is for those looking for a bit of spice and fun in their Pilates workout. We'll be on a mat rocking out to Top 40 hits while sweating and sculpting a strong core! All levels welcome!

**POWER BAR:** Tone, build strength and increase your cardio with power moves using the body bar, and barbell.

**POWER MAT PILATES:** This Pilates class is designed to take your core strength, endurance and flexibility to the next level! Expect a challenging, core-intensive workout.

**REFIT/DANCE FITNESS:** REFIT is a fun dance fitness class with easy to follow choreographed routines designed for toning, balance, and flexibility.

**RUN BAC RUN!** Trainer Mike will lead you on an outdoor run rain or shine! Expect to run 3-6 miles and end in the basketball court for stretching. All levels welcome and modifications will be made for everyone!

**SUNRISE YOGA:** Begin your day refreshed with an early morning Basic Yoga Class!

**TAI CHI:** Reduce stress while improving your balance and coordination with this Chinese martial art. Often described as meditation in motion, tai chi promotes serenity through gentle flowing movement.

**THIRTY 2 BURN:** A fun express High Intensity Training Technique- A short 5 minute warm-up and then an all out effort for 2-minutes of cardio/strength drills (using a variety of equipment) followed by a 15 second recovery. This type of workout is effective in keeping your heart rate up and burns calories in less time!

**TRX CIRCUT:** Designed in stations, this class is a blend of TRX suspension training involving core stabilization exercises and full-body workouts comprised of reactive stability training led by a personal trainer in a smaller group setting. Exercises involve using your own body weight from different angles to engage more muscle groups at the same time.

**VINYASA FLOW:** Looking for the yoga class to get energized while helping you build strength and flexibility? This upbeat, creative yoga practice, seamlessly linking breath and movement, will keep you present as you learn to move gracefully in and out of poses.

**YIN/YANG YOGA:** Practice balance and strength at a slow pace, focusing on breathing while holding poses to target connective tissue and muscle engagement. Yin Yang Yoga combines energies to improve fitness while promoting healing and relaxation.

**YOGA BASICS:** Learn basic yoga poses, technique and alignment while improving your balance, flexibility and strength. All fitness levels welcome.

**YOGA FLOW:** A Vinyasa-style yoga class meaning a "breath-synchronized movement" which moves you through the power of inhaling and exhaling. In this class you will be led to flow through the yoga poses with strength and grace.

**YOGA FORCE:** Refine your body composition, improve your strength and build your endurance in this Vinyasa style class done with small hand weights. You'll get a total body workout in this non-stop flow class that involves cardio, yoga and weight-lifting all in one hour.

**KIDS ZUMBA:** Perfect for our younger Zumba fans! Children ages 6 and up get the chance to be active and jam out to their favorite music! Children younger than 12 years must be accompanied by a parent in the class to participate.

**ZUMBA TONING:** Perfect for those who want to "party" while toning and sculpting their muscles. The challenge of adding resistance by using toning sticks or light hand weights helps you focus on specific muscle groups so that you and your muscles stay engaged! Great for all fitness levels.

**ZUMBA:** A total-body workout disguised as dance fitness. This aerobic fitness program features movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music.

**STRONG BY ZUMBA:** A high intensity interval class-think burpees, push-ups, and other high impact moves-that's synced to specific music.