



Group X Class Descriptions

AQUA FITNESS:

Water exercise is more than just swimming! Aqua Fitness offers an exciting alternative to dry land 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.

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 SCULPT:

Blends the sculpting exercises of Barre that lengthens and strengthens muscles of the glutes, legs, core and arms with energetic, cardio movements and light weight training.

BODYCOMBAT™:

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

BODYFLOW®:

A yoga-based class where you will bend and stretch through a series of simple yoga moves while also embracing elements of Tai Chi and Pilates. Breath control is a part of all of the exercises and instructors will always provide options for those just getting started.

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 an hour!

CARDIO EXTREME:

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

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.

CYCLE:

An indoor cycling class set to motivating music using a spin bike, allowing you to modify the intensity of your workout. Climb hills, build strength and endurance and sprint yourself to a stronger and fitter you!

FULL-BODY BLITZ:

This circuit-style, interval training class is designed to raise heart rates, tone muscles, and have fun! Mix it up with bodyweight and light weight exercises. Go at your own pace or to the beat of the music. Plenty of modifications are offered!

GENTLE YOGA:

A gently-paced and restorative class that focuses on breathing, posture, flexibility, strength and balance.

HIIT BLAST:

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

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.

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.

MAX CARDIO:

Come join us in this fast-paced class incorporating drills and speed work for an intense cardio and endurance workout! You'll burn fat, strengthen your core and get a killer ab workout.

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 runners are welcome and modifications will be made for everyone!

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.

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.

YOGA:

Our instructors will lead you through a series of yoga poses as you strengthen and lengthen your muscles. With a focus on breath, you'll feel relaxed and calm while you inhale and exhale through the movements.

YOGA BASICS:

Learn basic yoga poses, technique and alignment while improving your balance, flexibility and strength.

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.

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!

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.