

GROUP FITNESS CLASS DESCRIPTIONS

No need to sign up for these classes! Just show up for any one you like, as often as you would like. Group Exercise classes are included in your membership. Participation is on a first come, first served basis, so come early to claim your space and set up. Have no fear if you are a beginner. Every class welcomes new participants. We have options to suit a range of basic and more advanced training.

Unless otherwise noted, all classes are 55 minutes and include time for proper warm-up and cool down. Please **bring a water bottle and a small towel**. For safety reasons, do not come into class after the first 10 minutes unless you have warmed up. Make sure to wear comfortable clothing and supportive footwear. Cross training or studio shoes provide the best support for most classes. Pilates and Yoga are practiced without footwear.

CARDIO

These classes are taught to accommodate both low and high impact participants

ZUMBA®	Get a sizzling cardio workout! Get your heart rate up using the latest dance moves, you'll shimmy and shake to the hottest music. No dance experience necessary.
STEP	Feel motivated with this high energy and easy to follow workout. It incorporates creative combinations on a step platform.
CARDIO KICK	This perfectly choreographed and high energy class is a combination of kick-boxing and dance moves. Enjoy a unique blend of intervals, strength/endurance training, and a relaxing cool-down.
POUND®	Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

CARDIO / STRENGTH COMBO

CARDIO/ STRENGTH COMBO	Combination class designed to elevate your heart rate by alternating the use of body weight exercises, with targeting specific muscle groups using dumbbells or barbells. This class will leave you feeling stronger and more motivated to take on your day!
MUSCLE MIXER	Muscle Pump meets step! Alternating segments of muscular strength using barbells, and endurance using powerful moves on the step.
POWER STEP	Functional athletic training, incorporating a platform for cardio, power, strength, balance, and agility training. Choreography using multi-plane patterns on the floor and step.
SPORT	Functional core movements, and basic strength training come together to create a total body workout for everyone. Uses a step for box training, one heavy and one light dumbbell.
3-2-1	This Interval Training workout alternates 3 Minutes of Strength, 2 Minutes of Cardio and 1 Minute of Abs. Feel the burn in 3-2-1!
TABATA	This class is designed to maximize your workout in the least amount of time. Alternating between 20-second intervals of fat-burning exercises followed by 10 seconds of rest will show you some amazing results!

MUSCULAR STRENGTH & ENDURANCE

These classes are full body workouts and should not be attended consecutively; allow 2-3 days in between strength classes. Give your body a chance to rest!

BODY DEFINED	A resistance training class with an emphasis on toning the muscles of your entire body using a variety of modalities – dumbbells, resistance tubing, balls and body weight.
MUSCLE PUMP	This barbell workout challenges all of your major muscle groups, improves your strength, and endurance. Expect numerous squats and lifts with varying weights.
UNBELIEV-A-BALL	Experience this total body workout challenge: using the stability ball and other resistance equipment! Gained heightened postural awareness, spinal stabilization and strength training.

MIND AND BODY

Mats are provided but you may bring your own. Yoga classes are practiced barefoot and including standing and mat movements. Please be prompt and do not enter class after the door has been shut.

VINYASA YOGA	Vinyasa, which means breath-synchronized movement, combines a series of flowing postures with rhythmic breathing for an energized mind-body workout. You'll increase balance, core strength, stretch, relax and decrease stress.
YOGA	This slower moving but flowing class, focuses on mindful movements connected to your breath. Fewer sun salutations and weight-bearing poses for the upper body than Vinyasa Yoga.