

Group Ex Class Descriptions - Fall 2019

Summer is a great time to stay active and try a class! There's something for everyone!

Barre Pulse

Stretch, tone and feel the burn with this fun blend of ballet, strength training, core and glute work! Accessible to all fitness levels, Barre offers a low-impact workout set to fun, upbeat music.

Bootcamp

Bootcamp includes mid to high intensity body weight exercises combined with interval and strength training. It's a high calorie burning class and is designed to push you to the max.

Butts and Guts

Geared toward any level of fitness, this class is designed to increase both muscle strength and tone focusing on your lower body.

Cardio Dance

Cardio dance is a high energy, dance oriented class. Each class will be a combo of pop, Latin, and hip-hop.

Core and More

This class combines core, upper, lower and cardio exercises for a complete body workout.

Cycle Circuit

A conditioning workout that is perfect for people who want a mixture of 30 minutes of cycling combined with toning exercises for a total body class.

Flow Yoga

Move with the breath in this vinyasa-based yoga class. Designed to improve flexibility, strength and balance; this class will allow you to begin or end your day with healing intentions.

HIIT Training

High-intensity interval training (HIIT), which is composed of alternating short periods of intense anaerobic exercise with less-intense recovery periods. This class will run with various group based stations compromising of upper body, lower body, core, and cardio

exercises. This class consists of varying functional movements to provide an intense but fun exercise session.

MixxedFit

MixxedFit is a people-inspired dance fitness program that is a mix of explosive dancing and bootcamp toning.

PiYO

Step into this fun, challenging fusion of Pilates and Yoga. Tone your core and strengthen muscles while working on balance and flexibility. Relax, recharge and stretch, all while getting a good workout at the same time. Open to all levels of experience.

Power Yoga

Enjoy flowing through vigorous yoga poses focusing on strength and stamina. Available to all levels of experience, this practice will encourage a mindful approach to exercise.

Yoga Restore

Enjoy a relaxing and meditative yoga practice incorporating deep stretching and breathing for mind and body balance.