

Group Ex Classes & Descriptions

| Total Body Classes | |
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| <p>Bootcamp</p> <p>This includes mid to high intensity body weight exercises with interval and strength training. It's a high calorie burning class and is designed to push you to the max.</p> | <p>HIIT Training</p> <p>This functional high-intensity interval training 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. Come get fit with HIIT!</p> |
| <p>Butts and Guts</p> <p>Geared toward any level of fitness, this fun class uses equipment and challenging exercises to increase strength and tone muscles with a focus on the legs, glutes and abs!</p> | <p>Core and More</p> <p>This core-focused class; meant to build abdominal strength and endurance, while also having complimentary upper, lower and cardio exercises for a complete body workout.</p> |
| <p>Barre Pulse</p> <p>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.</p> | <p>PiYO</p> <p>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.</p> |
| <p>Cycle Circuit</p> <p>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.</p> | |

Dance & Sweat Classes

| Zumba | Mixed Fit | Cardio Dance |
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| This combines moves from salsa, bachata, merengue, and chachacha! Based on the principle that a workout should be fun and easy. | MixedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning | Cardio dance is a high energy, dance oriented class. Each class will be a combo of pop, Latin, and hip-hop. |

Mind, Body, Yoga!

| Flow Yoga | Power Yoga | Restorative Yoga |
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| 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 | 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. | Enjoy a relaxing and meditative yoga practice incorporating deep stretching and breathing for mind and body balance. |