

***Kids welcome with a parent but must be supervised**



Group Fitness Class Descriptions

All classes are **50 minutes** unless otherwise noted. Class times, instructors, and formats subject to change without notice.

A.M.P. The total body workout! Agility, muscle, and plyometric training. No need for coffee in the morning - A.M.P. up your energy!

Bike Bootcamp HIIT style workout without the traditional running and impact! Jump on the bike for heart-pumping intervals and then hit the mat for full-body strength and core! This class will give you a complete, full body workout that will leave you sweaty and smiling!

Body Fit: This strength & cardio class keeps you engaged with a variety of equipment including weights, resistance bands, stability balls, and TRX. Target each muscle group and throw in some cardio to transform your body into a fat burning machine!

Breathwork & Flow: Connect deeply to your breath and body in this all-levels yoga class. We will begin with guided breath work to ground the mind, regulate the nervous system and open energetic pathways. Then ease into a mindful Vinyasa style slow that builds strength, flexibility, and presences through intentional movement.

Build Your Own Body (BYOB) (45 min.) Learn how to start structuring your own workout routine in the weight room and learn how to properly use the equipment to better improve your strength.

Cardio Dance + Strength This class combines all your favorites; cardio dance and a little bit of strength training all in one.

Cardio Step Huge calorie burn! This class combines choreographed moves on the Step and with a little bit of strength training thrown in.

Chil Stretchy Flow: This class slows down the flow – to explore postures, to deeply stretch and tone muscle tissue, and to calm the mind. Drumming during Savasana. Level 1-2.

Dance Party High calorie burn while having a blast. Easy to follow moves and fun songs. Full body workout incorporating aerobic interval training and muscle toning. Judgement free zone- leave fitter and happier!

Foam Roller Pilates: Relax, train your core and discover resilient strength with a soft foam roller. This class pairs soft tissue self-massage, breathwork, and Pilates to help you discover more harmonious tone outside and in.

Flow Into Stillness Yoga 1-2: This practice begins with strong vinyasa flow, creating heat and movement in the body before we start to melt into yin postures, which promotes stretching deeply and creating space in the mind and body.

Form to Fit Work out smarter, not harder! This class will challenge and strengthen all the major muscles of your body! With use of body weight and various fitness equipment we will focus on movement pattern. Modifications and challenges will be offered.

Got Barre?™ This cardio dance class is ballet-type fitness training with a focus on leaner muscles, toned core, hips, legs, arms, and shoulders! Who doesn't want those results?

Gentle Yoga & Sound Bath Immerse yourself in gentle poses that promote flexibility and relaxation. As the session concludes, surrender to the soothing vibrations of a sound healing, harmonizing mind and body for a soulful experience. Recommend bringing clothing layers, socks, blanket and pillow for the sound bath.

HIGH/LOW Fitness Highly adaptable to all fitness levels, this lower impact format focuses on the steady state (or aerobic) training zone – the heart rate remains in a manageable yet constant and challenging, aerobic state for the majority of the class. Lower impact leads to less joint discomfort while still yielding those important mental health benefits and improving overall fitness and cardiovascular health.

HIIT The ultimate strength and conditioning interval class, HIIT keeps your body guessing with a different format and focus every day, including kettlebells, circuits, TRX, Tabatas, medicine balls, and dumbbells.

Mindful Gentle Yoga is a level one class designed to release tension, increase flexibility, rebalance the body while practicing skills to promote attention, awareness and kindness: overall wellness.

Pilates A balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking. Core strength exercises are combined with resistance to create a fun challenging workout for all levels.

Power Flow A power vinyasa links the body movement with breath to create a dynamic flow of poses. You will work on building flexibility, and endurance through challenging poses.

Power Hour This 60-minute mix of cardio, drills, strength training, and core work is seriously hard work but SO much fun. Bring the little ones to burn off some energy of their own.

Power Spin: Experience the ultimate fusion of fitness and entertainment in the dynamic Power Class. Combining metrics to track power output and video cues, you'll optimize your performance while pedaling to the beat of energizing music.

Qigong/Easy Tai Chi: transforms stress into vitality. Lift your energy and your spirits with gentle exercises to release stress, tension, stiffness and pain, and increase mobility, circulation and energy! Qigong is an ancient, longevity practice, an integral part of traditional Chinese medicine (TCM), designed to clear blockages and balance the flow of life energy through all the major organ systems and meridian channels - building a calm, resilient, healthy mind and body.

Spin Elevate your heart rate with a varied ride, incorporating hills, sprints, and isolations, all the while in the comfort of our spin room with music that keeps your mind off the work.

Senior Fit Exercise is important for everyone. Senior Fit focuses on building strength and increasing range of motion, hopefully preventing injuries. This group exercise class is appropriate for all levels and incorporates a positive, upbeat, social environment.

Small Group Training (SGT) Small group training (limited to 10 people) is designed to give you a total body burn-out with a personalized coach experience!

Spin & Stretch Elevate your heart rate with a varied ride, incorporating hills, sprints, and isolations on the bike for 45 minutes. Jump off the bike and end class with a guided stretch.

Strength & Conditioning (S&C) Class is designed for maximum calorie burning! At 50 minutes long, the class is efficient with a warm-up, circuit workout, and stretching.

Strength Hour This class combines strength training with cardio and core work. Bring the kids to play while you get stronger in a supportive group setting!

Step This step aerobics class consists of choreographed step patterns. You'll challenge your mind and body as you burn calories. The intensity of your workout will be determined by the speed, travel, and execution of your movements.

Sunrise Yoga Rise with the sun in this level two Yoga class. Class will be a vinyasa flow style with focus on balance/core.

SUP Yoga is yoga on a stand-up paddleboard, focusing on balance and flexibility, and is perfect for all fitness levels. Wear athletic clothing that you don't mind getting wet.

SUP HIIT is a world away from your average workout – as you are on an unstable platform you increase the intensity of every exercise; whether it be a hardcore press up or a gentler downward dog Yoga position, the options are endless.

TRX Work with your own body weight! Suspension training exercise develops strength, balance, flexibility, and core stability simultaneously. You control the challenge with your body position!

Unwind Gentle Yoga is a level one class designed to release tension, increase flexibility, rebalance the body, and promote wellness.

Water Aerobics Increase cardio fitness, strength and core using low impact, but powerful, moves in the shallow water. Uses various equipment to support the exercises Water aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities.

WERQ® is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

Yin Yoga 1-2 Yin Yoga is an all-levels class that provides deep stretching for the entire body. Without the distraction of constant movement and muscle engagement, your connective tissues have the opportunity to stretch and release.

Yoga 1 Fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit. Level one, beginners welcome.

Yoga 1-2 Fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit. Level one/two, beginners & seasoned yogis welcomed.

Yoga 2 Fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit. Level two, seasoned yogi.

Yoga for Back & Bone: Improve posture, balance, mobility and strength in this all-levels class that focuses on poses that support strong bones and healthy backs.

Yoga for Flexibility: This class will improve your flexibility, mobility, and range of motion while promoting good alignment. Through mindful stretches and poses, you'll move with ease and leave feeling relaxed and rejuvenated. Excellent for all levels and especially those with tight or stiff muscles.

Yoga Sculpt Combine free weights, body weight movements and cardio bursts into a yoga flow. Mixing in various strength training moves into a yoga sequence.

Yoga Tune Up™ Pair self-myofascial release (massage) techniques with mindfulness, deep core conditioning and intelligent movement to cultivate strength, stability, and relax uncomfortable tightness. A variety of props will be used each week to help you discover new ways to move and feel well.

Zumba Gold Perfect for beginners and active adults, Zumba Gold is as much fun as basic Zumba and has the same great Latin style of dance at a slower pace with lower intensity.

Zumba® An exercise in disguise! Zumba® combines high energy and motivating music with unique moves and combinations to create a dynamic, exciting, and effective fitness class.