

Group Fitness Class Descriptions

Anything Goes!

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

Barre

Hybrid class combining ballet inspired movements with elements of Pilates, and strength training. A total body workout with movements done as time under tension. Upper body strength training combined with classic moves that target the lower muscle groups and core is what you will find in this class! Low impact, a workout that will give you a solid burn and challenge your balance and flexibility!

Body Balance & Strength

Improve muscle tone, flexibility, and strength! Work on stability and toward a longer, leaner look! You'll improve not only your core strength, but also your mental health and wellbeing!

Cardio Sculpt

Cardio Sculpt is a full body strength and cardio endurance class that is easy to adjust to your needs. Each class follows a similar structure of varying moves and styles repeated for maximum burn. Bodyweight moves, dumbbells and bands or balls are often used in this class and are provided for you, just bring some water! Classes generally run 45-50 minutes which includes a warm up and cool down. Let's get ready to sweat!

PBT Core & Stretch

a specialized program which focuses on muscle memory, tension/fascia release, body alignment and mental focus. Though it was originally created for dancers, this class is for athletes and people of all stages of fitness and all walks of life. If you are healing from an injury, wanting to improve your technique in your workouts, or need to improve your posture, this relaxing and easy to follow class is for you!

SHIMMYFIT

Unlock your inner dance with Shimmy Fit! Shimmy Fit is a fun all level cardio fitness class. Join us as we shimmy our way into a healthy new us. If you are looking for a great low impact cardio program that will get your heart rate up and is easy on your joints, then Shimmy Fit is for you. In this class we will cover safe dance posture and basic belly dance movements that will help strengthen every part of our bodies! No previous dance experience is required. This class will not only allow you to work your body and help you in reaching your fitness goals, but it will also help boost your confidence and self-esteem.

Strength

A fitness class focused on building and maintaining muscle and increasing strength through resistance training. This class will utilize various equipment like dumbbells, resistance bands, gym mats, and balls, as well as bodyweight exercises. Classes will often involve exercises like squats, lunges, presses, and rows, and can be tailored to different fitness levels. Each class will focus on either the upper or lower body and end with an optional core finisher. On Mondays we will focus on the muscles of the upper body: arms, chest, back, & core. On Wednesdays we will focus on the muscles of the lower body: legs, glutes, back & core. Bring some water!

Strong Nation

A high intensity workout in 50 minutes. Strong Nation combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

More Fitness Class Descriptions on the next page!

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TABATA

This is a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

Uplift and Unwind

This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

WERQ

WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music. This nonstop, high-energy class has repetitive athletic moves and fresh dance steps to give you the best sweat. Our heart pumping WERQouts are designed for everyone. This isn't just about burning calories...it's about showing up and having fun!

Yoga/Stretch

Yoga after Body Balance & Strength will contain of mindful relaxing your body after workout through stretching calm breathing and toning your muscles.

Zumba®/Aqua Zumba®

Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Aqua Zumba - Takes place in the pool over the summer as weather permits and will move indoors when the weather does not!