



Group Exercise Class Descriptions

AERIAL YOGA: Great cross training technique for any level! No experience necessary. Utilizes aerial hammock for deep stretches, to strengthen muscles and allows for decompression of the spine through inversions. *Pre-Booking Required*

CARDIO KICKBOXING: Build stamina, improve coordination and flexibility, and burn calories in this high energy workout combining martial arts techniques and cardio.

CIRCUIT TRAINING: Circuit training is designed as a series of stations for a set amount of time and quick transition to the next station. The intensity will always depend on the effort you have to give for that day. It will keep your heart rate up and keep you moving for the entire duration of the class.

CORE STRENGTH & STABILITY: This class focuses on building strength and stability in the core. The core is the foundation of the body and is made up of abdominal, glute, back, and hip muscles. This is where overall balance as well as power in other exercise begins. To strengthen that foundation, we will work through circuits of exercises that build strength in addition to enhancing balance throughout these regions.

DANCE FIT: Dance Fit is a nonstop high energy class where dance routine meets cardio and fitness benefits. A total body workout that utilizes simple choreography in a series of fast paced aerobic dances to get your body moving. A vast genre of music is played throughout!

FUNCTIONAL FITNESS: In this class we work through exercises that support our activities of daily living. We will focus on movements that you utilize each day such as pushing, pulling, squatting, hinging, and core work. This is a great full body workout that helps strengthen the body and protect from injury as well as build balance and stability.

HAPPY HOUR ZUMBA: Come join Jessica or Carson for our new Happy Hour Zumba class! What better way to head into the weekend than to be dancing the night away to the best Zumba beats!

HIIT: This class is a full body strength focused class that incorporates weight training with high intensity interval training. Participants will use a variety of equipment to complete a 45-minute circuit style workout. Partnering strength and interval training leaves athletes burning fat and building muscle well after class is over. Welcome to all fitness levels.

LES MILLS BODYPUMP: EXPERIENCE BODYPUMP– THE ORIGINAL BARBELL CLASS. BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. BODYPUMP is available as either a 60, 45 or 30-minute workout. World leading Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

LES MILLS CORE: Inspired by elite athletic training principles, LES MILLS CORE is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus, there are some hip, butt and lower back exercises too. LES MILLS CORE is available as a 30- or 45-minute workout.

LES MILLS TONE: LES MILLS TONE™ is a complete workout in one session. It's the ultimate foundational class designed using functional movements and cutting-edge training styles.

Improve your flexibility, agility and balance through strength, cardio and core to leave you feeling like you've taken your fitness to a whole new level. LES MILLS TONE is an innovative, challenging mix of lunges, squats, burpees and functional training, including optional weight plate and band exercises. It will help you: Strengthen muscles and build fast twitch muscle fiber, improve flexibility, agility and balance, and increase cardio fitness

MOBILITY & ROLLING: One of the most overlooked and important parts of health is how well we move. This class takes you through foam rolling, mobility drills, functional movement patterns, balance, and coordination to help with everyday life and your lifts in the gym! You're only as good as how well you move.

STRENGTH TRAINING: This is a muscle building total body workout with exercises that transition from one muscle group to the next utilizing various equipment in the studio that will tighten and tone you for an overall leaner body, promote a better posture, and strengthen your core. Iron is tough, but you are tougher!

SLOW FLOW YOGA: Slow Flow Yoga class provides a safe space of self-expression for clients to listen to their bodies and connect to their inner voice. Journeying from pose to pose at an easy pace to fully explore each asana and connect to your breath. Both beginners and those looking to advance their practice will find fulfillment. Build your confidence and familiarity of standing and balancing poses, refining the fundamentals, and exploring deeper sensations. Each class will close with a 10–15-minute guided healing meditation during our savasana practice. Through meditation you will begin to notice your body and mind more easily let go of daily stressors and challenges feeling calmer, more balanced, and comfortable in your skin. You will leave class feeling poised and refreshed! No experience necessary.

STRENGTH STEP: In this Step class you will get your heart rate up with basic step moves while incorporating light weights for a full body workout. You can expect to do moves that target your legs, upper body, and core, building strength and flexibility. You will improve your balance, coordination, and agility, while getting a solid dose of cardio with a smile! All abilities welcome.

SUPER STEP: Push your limits both mentally and physically in this exciting step class. We will take you through complex choreographed combinations with directional changes on and around the step. You'll get your heart racing and blood pumping to fun, energetic music. Groove to the music as we step the party up a gear for this cardio workout. Intermediate to Advanced steppers will love this class! Previous step experience is highly recommended.

VINYASA YOGA: Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga, it is sometimes confused with "power yoga ". The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day.

Yin/Power/Vinyasa Yoga: Vinyasa flow with pockets of deep yin stretches, balance work, postural alignment, and power holds. You will feel stronger and have more flexibility.

ZUMBA: Take the work out of workout by mixing low-intensity and high-intensity movement for an interval-style, calorie-burning dance fitness party. This total workout will leave you feeling energized and simply awesome.