**Class Descriptions**

**ABT** (60 minutes)

**Moderate Intensity; Moderate impact**

ABS, BUTT & THIGHS! Shape up and burn calories as you squat, lunge and crunch your way to fitness. Using a variety of equipment including weights, bands, gliders and bodyweight exercises you will tone and trim those areas we love to hate!

**Body Pump** (60 minutes)

**Moderate- High Intensity; Moderate impact**

A total body workout that will burn calories while shaping and toning your body and increasing core strength. This power-hour will incorporate cardio H.I.I.T and Tabata exercises to keep your heartrate up combined with weights, bars and gliders to strengthen and tone. Mat work is also included- participants must be comfortable getting to and from the floor.

**Bodysculpt** (60 minutes)

**Moderate- High Intensity; Moderate impact**

Work all of your muscles in every way possible in this class designed to build strength, define your muscles and decrease body fat. Increase your lean muscle mass using dumbbells, tubing, body bars and a variety of body weight exercises to transform your body.
***Bodysculpt Express: 45 minutes***

**Bolly-X Express** (45 minutes)

**Moderate Intensity; Moderate impact**

Join us for this Bollywood-inspired cardio dance-fitness class that combines fun, choreography with the hottest music from around the world! This program cycles between high and lower intensity cardio that can be modified to suit individual needs. No dance experience needed!

**Bootcamp** (60 minutes)

**High Intensity; Moderate impact**

Circuit-style Bootcamp using a variety of challenging workouts to build strength and stamina. A combination of cardio fitness, muscular endurance and strength building exercises using a variety of equipment- never the same workout twice! May be held outdoors- weather permitting!

**Bosu Express** (45 minutes)

**Moderate- High Intensity; Moderate impact**

Improve your balance, stability and strengthen your CORE in this challenging class that will give you results. Bosu balancing exercises combined with upper body sculpting exercises will work your entire body including your mental muscle as you push beyond your limits!

**Cardio Combo** (60 minutes)

**Moderate- Intensity; Moderate impact**

This class has it all! Using light weights, bands and boy weight exercises, increase your muscular endurance and strength while improving your cardio, flexibility and balance. Steps may be used for an increased challenge! Class includes mat work; participants must be comfortable getting to and from the floor.

**Cardio Sculpt Express** (45 minutes)

**Moderate- Intensity; Moderate impact**

Get your morning started with this fun, fast-paced work-out that combines intervals of cardio movements with muscle sculpting exercises using a variety of equipment including: hand weights, body bars, steps, bands and more!.

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**Deep Stretch Yoga** (45 minutes)

**Low- Intensity; No impact**

Enjoy a deep level of relaxation while improving your flexibility in this slow- flowing Yoga class. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. Prolonged stretches will aim at opening up the shoulders, the hips, and stretching the legs while releasing tension in your entire body. No previous Yoga experience needed- beginners welcome.

**Fitness Therapy** (60 minutes)

**Low Intensity; Low impact**

Time for some self-care? Join this low impact class to help tone and rehabilitate the hip, knee and ankle joints using light weights, stretching and balance exercises.

**Fit-Flow Yoga** (60 minutes)

**Low Intensity; Low impact**

A combination of toning and strengthening exercises with flow yoga poses to promote healing, relaxation and flexibility. Positions are held longer than traditional flow yoga emphasizing meditative breathing, muscular endurance and balance. Participants must be comfortable getting to and from the floor. No previous experience required- Beginners welcome!

**Flow Yoga** (60 minutes)

**Low Intensity; Low impact**

Move slowly through yoga postures to promote healing, relaxation and flexibility. Includes both standing and sitting postures. Beginners welcome!

**Gentle Cycle** (30 minutes)

**Moderate- Low Intensity; No impact**

Enjoy a 30 minute indoor cycle that is easy on the joints, builds muscle and improves balance. Go at your own pace while enjoying this small group class.

**Gentle-Fit** (60 minutes)

**Low Intensity; Low impact**

A low impact fitness class suitable for all ages and abilities focusing on improving flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat/floor work.

**Hatha Yoga (Flow)** (60 minutes)

**Moderate Intensity; Low impact**

Practice more advanced yoga poses and work to better control your breathing. Flow through various standing and sitting poses to develop strength, flexibility and control. Designed for those with previous Yoga experience.

**Mix-Fit** (60 minutes)

**Moderate Intensity; Moderate impact**

A power-mix of cardio and strength training that will get your blood pumping and muscles working. A variety of cardio exercises combined with strength training including: steps, bikes, TRX, bosu, bands and weights- never the same class twice! Suitable for all fitness levels; some mat work included- participants must be comfortable getting to and from floor.

**Restorative Yoga** (75 minutes)

**Low Intensity; No impact**

This healing and recuperative experience uses props and prolonged holding of a few simple poses to achieve a deep level of relaxation. Disconnect from the frantic anctivity of daily life and prepare your mind and body for meditation and deepened awareness. The slower pace of this class helps calm the nervous system leaving you feeling refreshed and limber. Beginners welcome!

**Spin Express** (45 minutes)

**High Intensity; Low impact**

Join this high intensity ride with intervals of hills and sprints for the ultimate fat burning workout in 30 minutes! Cool down with a 15 minute stretch to leave you feeling energized and limber!

**Spin & Sculpt** (60 minutes)

**Moderate- High Intensity; Low impact**

30 minutes of cardio intervals on the indoor cycle to burn calories and improve cardiovascular health followed by upper body exercises using weights and bands to strengthen and tone.

**Spin & Stretch** (60 minutes)

**Moderate Intensity; Low impact**

30 minutes of cardio intervals followed by 30 minutes of dynamic stretches to help elongate your muscles, strengthen your core and limber up!

**Spin & Yoga** (75 minutes)

**Moderate- High Intensity; Low impact**

30 minutes of high intensity cardio spin to burn calories and get your heart pumping followed by 45 minutes of relaxing yoga poses to help stretch your muscles and strengthen your core.

**Strong by Zumba** (60 minutes)

**High Intensity; Moderate impact**

A high-intensity workout let by music to motivate you and help crush your fitness goals! This non-dance interval class uses high impact moves in coordination with music motivation. Using body weight exercises you will gain muscular endurance, tone and definition in a party-like atmosphere

**Total Body Conditioning Express (TBC)** (45 minutes)

**High Intensity; Moderate impact**

Total Body Conditioning. Get stronger, lose body fat and build lean muscle through a variety of high intensity intervals including cardio drills and muscular endurance exercises.

**TRX-Sculpt** (60 minutes)

**Moderate Intensity; Low impact**

Tone and sculpt your entire body through a variety of TRX suspension training exercises combined with intervals of upper and lower body sculpting exercises using light weights and bands.

***TRX Express- 45 minutes***

**Yoga Express** (45 minutes)

**Moderate Intensity; Low impact**

Energize your body as you move through various yoga poses that will help open the body while strengthening the mind-body connection. Expect a variety of chest-opening postures, body twists and light stretching exercises to help release body tension.

**Zumba Fitness** (60 minutes)

**Moderate Intensity; High impact**

Party yourself into shape with high energy dance moves designed to tone in all the right places. You don’t need to be coordinated or have rhythm… just a willingness to have fun and the desire to dance!