



Group Fitness Class Descriptions

Aqua Fitness: Improve your strength and cardiovascular endurance with this great workout that puts no stress on your joints.

Bodycombat™: Become totally unleashed in this empowering cardio workout that is inspired by martial art and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Tai. All levels welcome.

Bodyflow™: An athletic blend of yoga, Pilates and Tai chi. This workout builds strength and flexibility and leaves you calm and centered.

Bodypump™: Get "Real Results Real Fast"! Designed for participants of all ages and fitness levels, this resistance training class is guaranteed to give you maximum results in the shortest time. Build strength, burn fat and have fun.

Bodypump™Xpress: Take a BODYPUMP® class, shorten it to 45 minutes, and still get great results from this workout! The 45 minute format includes all tracks (lunge and shoulder track combined). Beginner friendly.

Boot Camp 101: Blast the fat and tone your muscles! There is not complicated choreography, and high intensity cardio and functional training is guaranteed to give you a total body workout. This class is for beginners as well as more experienced participants.

Cardio Sculpt: Cardio intervals combined with strength training segments. Variety of equipment used for a total body, high energy workout.

Grit Series: This 30-minute class is scientifically designed to take your fitness to the next level! Increase aerobic fitness, unleash fast-twitch muscle fibers, and grow lean muscle tissue, all while burning fat. This workout is intermediate to advanced.

1. **Grit Strength:** The 30- minute high-intensity interval workout designed to improve strength and build lean muscle
2. **Grit Athletic:** The 30-minute high-intensity interval training plyometric-based workout, designed to make you perform like an athlete.
3. **Grit Cardio:** The 30-minute high-intensity training workout that improves cardiovascular fitness, increases speed and maximized calorie burn

**Instructor will choose the type of workout for each individual class.*

Interval Boot Camp: Are you ready to push yourself outside your comfort zone? This workout consists of a warm-up, various rounds of high intensity intervals followed with short rest periods, abdominal work and cool down. A base level of fitness needed to perform properly.

Kickboxing: Punch, jab and kick your way to fitness! Experience strength and cardiovascular conditioning in this class designed for all fitness levels.

Pilates Mat: Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.

Powerstrike Combo: This class is a mixture of kickboxing and drills on and off of the bag. The best of both worlds-take your training to the next level!

Powerstrike Impact: Punches and kicks are thrown using a free standing heavy bag and set to great music. The class is simple to follow but it takes training to a whole new level! No experience necessary. This class accommodates novice to pro!! Men love it as much as women.

Sprint™: This 30 minute high-intensity workout, using an indoor bike to achieve fast results, is a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Stages Flight: Stages flight is a dynamic multimedia fitness experience where entertainment meets training. This indoor cycling program features an interactive display system that allows each rider to work to their optimal training level individually, rewarding effort at any level.

Swim Fit: This workout oriented swim class focuses on enhancing your technique and endurance in the water. Join us to simply improve stroke efficiency or to train for an upcoming event. All levels welcome.

****FLIP FOR MORE INFO****



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The Barre Workout: Shape and condition your body with a combination of ballet, Pilates, and weights to burn fat and tone muscles.

Total Body Conditioning (TBC) A full body workout that may use dumbbells, barbells, the bosu or step, tubing and/or a medicine ball. There are portions of cardio, strength work and plyometrics. This complete workout is best suited for those with some prior work out experience.

Heated Yoga Program-Infrared Heat

Unlike traditional heating methods that heat studio air, infrared heaters safely warm the body from the inside-out, similar to the soft warmth felt on a sunny day. The result is a comfortable and therapeutic heat that increases flexibility, circulation, stamina and detoxification. You MUST bring your own mat to all heated classes. Please make sure you hydrate before, during, and after class! Hot classes will be between 95-105 degrees. Warm classes will be between 83-93 degrees.

****Flow:** This practice is a flowing sequence of postures coordinated with the breath. It can be vigorous or meditative, depending on the group practicing.

****Gentle:** Gentle yoga takes a more restorative approach and combines Iyengar with Yoga therapy to focus on anatomical precision and alignment along with breath work. This class is designed to release areas of chronic tension thereby reducing mental and physical stress for all levels of participants.

****Hot Flow Yoga:** This practice is a more vigorous flowing sequence of postures coordinated with breath. The addition of infrared heat will provide increased calorie burn, increased stamina and detoxification. Class temperature will be between 95-105 degrees.

****Hot Flow Power Yoga:** A fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

****Hot Pilates Mat:** Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.

****Hot Xpress Flow Yoga:** Short on time? Try the xpress version of your favorite flow yoga class!

****Warm Bodyflow:** An athletic blend of yoga, Pilates, and Tai Chi focused on building strength and flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation, calorie burn, and muscle elasticity.

****Warm Flow Yoga:** This practice of flowing posture sequences coordinated with breath will be set to a class temperature of 83-93 degrees. The gentle heat will allow for increased flexibility and circulation in a warm and relaxing environment.

****Warm Total Body Fusion:** Combined elements of calisthenics, yoga, and Pilates will strengthen and tone all areas of the body while increasing flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation.

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