

# Group Fitness Class Descriptions



## **GROUP CYCLE**

Come and ride with us! Intensely spin your way to a leaner body. Climb and descend hills and mountains, chase the pack and fly on the flats. This cycling class is designed specifically for you to burn maximum calories, improve your cardio strength and make you sweat! A motivating group experience with inspiring music, awesome instructors and most of all...lots of fun!



## **YOGA**

In Power Yoga class you will experience a vigorous Vinyasa style yoga. The emphasis will be on increasing strength, flexibility and stress reduction. Some of the many physical benefits you expect from regularly attending a yoga class include: strength, flexibility, muscle tone, pain prevention, improved posture and a mental calmness.



## **ZUMBA**

Zumba features interval-training sessions with fast and slow rhythms. This is a fun, high energy class for all ages. Have fun burning 500-600 calories while dancing to great music and having a Latin experience. This is the ultimate fitness party and you will enjoy one full hour of heart racing, muscle pumping and body energizing movement. Come have an international zest!



## **BOOT CAMP**

Want to change up your cardio? Boot Camp is a fun and high-intensity class that will challenge your endurance, strength, agility and willpower. Set to heavy beats, Boot Camp combines Hi/Low interval cardiovascular training, athletic drills, plyometrics and muscle conditioning. This is a back to basics, good old fashioned calisthenics workout with push-ups, jumping jacks, crunches and much more.



## **HOT YOGA**

Each practice will start with a short breathing exercise to begin warming, cleansing, purifying and detoxifying the whole body from the inside out. Every system in the body will be activated and start to become balanced to eventually function at optimal levels. Every muscle will be strengthened and lengthened, and your heart will receive a deeply cardiovascular workout. You will leave class feeling light and healthy and truly rejuvenated!



## **STRENGTH**

This is a fun power packed class! Designed to work the entire body through sectional progression. The class will use dumbbells to perform each exercise along with the use of upbeat, even-tempo music to guide the class through a challenging and diverse workout using all muscle groups. Come ready to feel the burn!



## **STRETCH N' SCULPT**

Blending gentle Pilates and Yoga movements, this class is the perfect blend of stretch, flexibility, resistance and balance. Modifications offered for various fitness levels - suitable for members seeking a low impact class and good for seniors too!



## **BUTZ N' GUTZ**

Want to start sculpting your backside and fire up your abs as well as add definition? Come to Butz N' Gutz! We are going to increase your heart rate, while focusing on the lower body and midsection. Get ready to use the weights, bands and balls for heart pumping ab intervals and intense resistance training!



## **TURBO KICK**

A combination of intense kickboxing and dance moves. All done with high energy and motivating music. It is ultra cardio with a unique blend of intervals, strength and endurance training. No experience needed. Come in and join the fun!!!



## **PILATES**

This class targets core muscles (abdominals, glutes, and back) to increase strength, flexibility, and balance. A combination of mat and stability ball exercises.