



Class Descriptions

Cycle Classes - Participants are encouraged to perform at their own fitness levels and abilities rather than beginners or avid cyclists.

Spin - A 45-minute cardio workout set to upbeat music. Intended to challenge individuals no matter what their fitness level is. Beginners to expert's welcome.

Rush - A cycling class for all age levels and abilities. 30 minutes and you're done!

Joy Ride - Burn 500-1,000 calories in an hour-long class! Come ride with a great group of people from a wide range of fitness levels.

Spin Cycle - Burn 300-500 calories in 45 minutes! Each class is a different workout. Diverse music and short pieces of work will make this one of your favorite fitness classes.

P90X Live - Full-body workout including body weight exercises with the option of adding resistance bands or weights. Easy to modify as a high-impact or low-impact cardio workout. It is designed to be a hard workout for intermediate and advanced fitness levels. But, P90X is designed to be a program that will allow new people to come in and build up their fitness level.

Turbo Kick Live - **Every move can be modified to fit beginners all the way to advanced fitness level, it is a high energy and quicker based class.** This fitness class is packed with real kickboxing moves, calorie blasting high-intensity training and bodyweight exercises. Full-body cardio-based workout to sculpt both upper and lower body. There is also an emphasis on core strengthening.

PIYO Live - Barefoot boot camp! This workout is low impact but high intensity. The focus of class is cardio, strength training and flexibility. Available variations offered to meet multiple fitness levels. Suggestion: water bottle, towel and yoga mat will be useful but not required.

Pound - The rock out workout, Pound is a full body, cardio jam session to sweat, sculpt and rock. Energizing fun while working out with drumsticks!

Yoga - **What we bring to Thrive is a fitness-based approach to yoga. This approach to yoga intertwines fitness moves, basic yoga postures, stretching, balancing and relaxation.**

Gentle Yoga - Our Gentle Yoga is suitable for all students. Class is held at a slower pace while focusing on stretching, mobility, balance and tension reduction.

Power Yoga - A strength building and fitness-based approach of Vinyasa-style yoga. The work portion of Power Yoga is intense and can feel vigorous. Students are encouraged to attend and modify their practice as they begin to increase stamina, strength and flexibility. Power Yoga is an active and athletic, Western-style of yoga.

Yoga 360 - A gentle and relaxing style of yoga mixed with physical therapy stretches. The workout is designed to reverse common postural deviations and promote full-body range of motion.

Pilates - A style of exercise available to all fitness levels designed to improve physical strength, flexibility, posture, and enhance mental awareness. The physical conditioning in this class involves low-impact exercises and stretches to strengthen the body with an emphasis on core strength.

NikkFitt - Easy to follow dance fitness. Low and high impact options set to upbeat top of the charts music. Take it easy as a beginner and work up to an intense plyometric burst workout.

NikkPump - A full-body weight training/cardio workout set to music.

Buttz & Gutz - Weight-training based workout with a focus on core and legs. Modifications available for all fitness levels.

Zumba - A cardiovascular fitness class featuring dance movements inspired by various styles of Latin-American dance. The class is available to various fitness levels. Aerobic exercise dance routines are taught to popular music.

Body Blast - A 45-minute head to toe, athletic training class. Each class is a new workout. Come expecting a head to toe cardio, conditioning and weight-lifting based workout. Most classes have elements of strength building, cardiovascular conditioning, agility and overall athleticism. All members are welcome and encouraged to ease in as a beginner and work up as fitness levels increase. Most people leave very sweaty!

Power Strength - A head to toe strength-based fitness class. A large range of variety incorporating weights, Bosu balls, fitness balls or the bench. Very fun, playful and hard-working atmosphere!

Eccentrics - Full-Body strengthening and stretching. The format mixes yoga, Pilates, ballet and Tai Chi. We work on mobility, balance and posture. All levels welcome.

Cardio Lite - High-energy, low-impact dance aerobics class. If you like Zumba but can't quite keep up or follow, you'll love Cardio Lite!

Fit Ball - Strength training on the fitness ball. Full-body workout that emphasizes the core. All levels welcome!

Aeroflex - Aeroflex combines free-weight training with cardiovascular and flexibility conditioning for a complete cross-training program resulting in more comprehensive fitness. All fitness and experience levels are welcome and encouraged.