



Group Fitness Class Descriptions

Barre Above

Barre Above® is a totally unique approach to barre workouts as you have seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. This format is designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

Cardio Strength & Sculpt

This class is a circuit format that includes cardio, upper body weights, lower body weights, and abs/core. It is a HIIT style class that will work your entire body, increase your muscle strength and cardiovascular endurance, and will challenge you each time.

Fit Body Complete

Fit Body is an interval strength and conditioning, 50-minute class. Get started with a cardio warm up, followed by strength and power interval segments using free weights and your own body weight. Wrap up your workout with a core burst finisher and cool down. This class is fun for all ages and abilities!

HIIT/Deep Core Conditioning

This class is a low-impact, high-intensity workout, making it a bit easier on your joints. Don't let that fool you... Your body will work hard, and your blood will be pumping during the HIIT section of this format. During the second half of class the focus shifts to deep core conditioning. You will target lower abs and work your deep core, learning how to utilize that as your powerhouse during your workouts.

Kickboxing

Group Fight is a gripping hour that builds strength and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. FIGHT FOR IT!

Mindful Vinyasa Yoga

Class begins with pranayama, then moves into gentle warmups before advancing into asanas. You will work through various poses and sun salutations. This class is suitable for all levels of expertise, from beginner to advanced.

Pound

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to everyone of all ages and abilities.

Prime Time Fit

Prime Time Fit is a class designed for those needing to address balance, mobility, flexibility, core and total-body strength. Moves are performed at no to very low impact and are done at your own pace, in a group atmosphere.

Strong

STRONG Nation™ classes combine body weight exercises, muscle conditioning, martial arts, cardio and plyometric training synced to original music, that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music. In each class you will burn calories while toning your arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. This class is a fun, total-body workout!

Total Body Strength

Total Body Sculpt is a strength class that works many major muscle groups. The focus is on using compound moves that will hit multiple muscle groups, as well as utilizing various levels to get your heart rate up. There is a strong emphasis on engaging your deep core muscles throughout class and using them as your powerhouse.

Tranquil Vinyasa Yoga

Class begins with breath work, moving into warmups and then through asanas to help end your day. You can move through many poses at your own pace, making the hour either a nice cool down from your day or a great work out! This class is suitable for all levels.

Zumba

Zumba® is for everybody and every BODY! Each Zumba® class is designed to bring people together to sweat it out. Get a total-body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome. No dance experience necessary!