

GROUP FITNESS **CLASS DESCRIPTIONS**



BACK TO BASICS

This is a low-impact muscle and cardio class for beginners and intermediates. Interval training to include cardio and strength sections. Work all major muscle groups during the class, new routines every week.

BARRE

Barre class is a rigorous workout that blends elements from different exercise styles including ballet, Pilates and yoga. This is a low impact workout focusing on proper alignment. The classes blend cardio, strength training, flexibility, balance and core conditioning in a total body workout that targets the hips, glutes, abs and arms.

BODY CONDITIONING

Body conditioning refers to a wide range of exercises that train the whole body. Body conditioning combines cardio & resistance work to an energetic beat to work the whole body. A wide variety of equipment will be used with new formats taught every week. Suitable for all levels as modifications will be given..

BOOTCAMP

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. Bursts of intense activity alternated with intervals of lighter activity.

BUTTS & GUTS

Butts and Guts- A class dedicated to toning your abs and glutes with targeted movements and cardio. Classes will focus on core strengthening to build muscles, in addition, it will also target your quads and hamstrings.

CIRCUIT BOOTCAMP

This bootcamp circuit works your entire body with cardio and strength exercises. You will challenge your body with varying time intervals of work and rest. For all levels of fitness, modifications will be given.

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CYCLE

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for anyone 13 years and older and for all fitness levels. Spin offers a 55-minute ride with energizing music. Get your heart pumping and burn some serious calories. ** CYCLES ARE DESIGNED FOR THOSE 5' OR MORE IN HEIGHT**

CYCLE & STRENGTH

A dynamic blending of cycle with strength training! Intense cardio intervals mixed with sets of resistance exercise to give you a hardcore workout. Burn calories, build muscle and increase metabolism. Suitable for all levels of fitness.

DANZ INSANITY

Danz Insanity is a hot, new cardio dance fitness class that combines Danz Athletics, Latin Rhythms and Hip Hop. It is an easy to follow cardio intense class. Dancers and non-dancers love it. It is a great way to get a big cardio workout in and have fun. This is exercise in disguise.

FAMILY FALL INTO FITNESS

These 60 minute workouts are designed and specially programmed for family-friendly activities! We are all about families getting fit together!

Children are welcomed and encouraged! Everyone needs an accountability buddy! .

We play energizing - clean and appropriate music and provide exercise equipment for you and your workout partner to use. Please feel free to bring your own as well!

Classes offer a fun, non-competitive, supportive, environment.

Modification exercises are taught and demonstrated, and everyone is encouraged to go at their own pace. All fitness levels are welcome.

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KICKBOXING

A high intensity, moderate to high impact cardiovascular class which incorporates the whole body for an awesome workout. You will love the no nonsense sport choreography and the electric fast beat. This class is for beginner through advanced participants. Come try it! After one class you will become addicted.

RELAX & RESTORE YOGA

Gentle, slow, still movements with intentional breathing to get you in a deeper state of relaxation and release. The class will use some props with a combination of poses.

VINYASA YOGA

Vinyasa or flow yoga is an asana practice with focus on the breath as practitioners transition from one asana or pose to another. A typical class will involve centering, warm-up, flow, cool-down, and savasana. Due to the nature of flow classes, it is recommended that attendees have some prior knowledge of proper alignment in basic asanas. Alignment education will be utilized in class as needed to ensure safety. Also, in this particular practice, attendees can expect a mandala flow with mirrored poses directed as such that rotation around the mat occurs. However, as yoga is a personal practice, attendees should feel completely free to explore the practice in a manner that is safe and beneficial for themselves. Attendees are free to follow the suggested flows, and make any adjustments or take restorative postures as needed. The practice is a safe space for exploration as one works to deepen their personal practice.

YOGA

Focuses on breathing, basic Yoga poses, strength, flexibility and relaxation. Postures increase in intensity and difficulty as strength and endurance develops. Preparation and assistance for more advanced inversions are included. You can expect an emphasis on simplicity, repetition and ease of movement.

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KIDS FIT 4 FUN (5-7 YEARS OLD)

Upbeat exercise and fun games for children to get active. Help your child gain fitness and movement skills while having fun. For children aged 5-7 years only. Sign in and sign out by parent/guardian required

KIDS FIT 4 FUN (8-10 YEARS OLD)

Develop movement, co-ordination and agility to build a foundation for future sporting activities. Ages 8-10 years. Sign in/out required by parent/guardian.

KIDS MARTIAL ARTS (5-7 YEARS)

An introduction to Martial Arts movements featuring very basic skill building exercises and structured play. For children aged 5-7 years only.

KIDS MARTIAL ARTS (8-10 YEARS)

An introduction to Martial Arts movements featuring basic building exercises and structured activities. For children aged 8-10 years only.

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'THE' MIX

The Mix is an interval- based class to include HIIT and Tabata, incorporating cardio and muscle strength components. This class is best suited to intermediate and advanced participants.

MONDAY MIX

Every Monday morning there will be a mix of exercises from strength, aerobic, calisthenics, and core. The goal is to mix it up each week and hit all the major muscle groups while burning lots of calories! There will also be time to stretch to improve flexibility.

MUSCLE STRENGTH

A 55minute class designed to tone, strengthen, & sculpt your muscles.

MUSCLE & CARDIO DRILLS

A combination class of cardiovascular exercise to get the heart rate up and improve athletic performance with muscle strength training of major muscle groups.

MX4

Mx4 is a small group instruction class providing significantly more personal instruction and attention from the instructor than you would experience in a typical group fitness class.

It offers an efficient, high intensity workout lasting only 30 minutes.

MX4 is an exhilarating, fast paced class that revolves around the 4 pillars of fitness: Cardio, power, strength and endurance.

X4 utilizes TRX suspension straps, smash balls, bands, Pliyo boxes, battle ropes, landmines, kettlebells, dumbbells, rowing machines and more.

Booking essential, maximum 8 participants.

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PILATES

A method of exercise that consists of low impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates moves tend to target the core.

PURE STRENGTH

Pure Strength class will effectively strengthen and define your entire body! It will reshape your body with resistance training designed to completely strength each muscle group. This class will use different types of resistance equipment such as; dumbbells, resistances band and weighted balls. The class will be 55 min and structure as follows; 15 min- Upper Body, 15 min- Lower Body, 15 min- Core, 10 min- Stretch
This NEW class offering is perfect to start toning and firming your body for the Summer. All levels are welcomed, everything can be modified, .

TEEN ATHLETICS

This awesome class will help your 11 and up year old to get in great physical shape. Teen Athletics is a mix of cardio and strength training in a safe environment with an emphasis on learning correct and safe techniques.

TONE ZONE

A combo of strength training and basic movements to increase muscle strength, improve balance and enhance flexibility. More time will be given between exercise transitions and modifications given. There will be cardio bursts throughout the workout.

ZUMBA

Exercise in disguise! Ditch the workout and join the fun. It's the craze of the Latin beat and the excitement of shouting and moving those body parts you had forgotten about. This is a cardio workout aimed to please all levels. Zumba routines incorporate interval training - alternating fast and slow rhythms.

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AQUA AEROBICS

A mix of cardio and tone. A fast-paced workout to burn calories.

AQUA BURN

It's a burning bootcamp aquatics style! This intense, fast paced aquatic fitness class will include a variety of cardio, strength and core exercises to enhance your muscular endurance in the water. Variations of high intensity interval training, circuits and deep water exercises are included. All fitness levels welcome!

AQUA TABATA

Aqua Tabata is 20 seconds of BIG effort followed by a 10-second rest, repeated 8 times, mixing a variety of simple yet intense grounded and bounding exercises. Participants are encouraged to work at the level that challenges them while still maintaining good form. This is a 55 minute class.

AQUA ZUMBA

Aqua Zumba combines some of the traditional elements of aqua fitness classes with the upbeat, Latin infused dance moves and music. Low impact but high intensity requiring no swimming skills. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back

WATER EXPLOSION

This class is Aqua Aerobics at a slower pace. Dumbbells and noodles are used to offer resistance and core work. This class is for all levels of physical ability and can be easily individualized for all energy levels