



Group Fitness Class Descriptions

Wind Down Yoga – Vinyasa for those wanting to experience a physically slower paced yoga class that creates an energizing flow to wind down from the day. Holding postures, focusing on cultivating a powerful and healing breath to build strength and confidence within. Experience a relaxing Yoga flow with Kristine.

Bhangra Fitness – This dance based workout combined traditional dance moves from a North Indian culture with modern and hip hop beats to create something new and refreshing! Looking for a total body workout with variable cardio? Then Bhangra Fitness will serve you well! Come to our classes to learn more!

Bootcamp – Get moving with this intense plyometrics and calisthenics class. Bring up your heart rate, break a sweat, have some fun with upbeat music, and bring it back down with a stretch ending for a full body workout.

Floor Barre – A dance inspired floor class that incorporates ballet movements and core stabilizing exercises. This class will help you to achieve the highly coveted “dancer’s body” – firm and shapely figure, long and lean muscle tone, and increased mobility (quality of motion) and flexibility (range of motion). [1hr]

Booty Blast – Do you want a better booty? Let’s face it, we all do! Not only is it appealing to have a firm and shapely booty, having a weak booty can contribute to poor posture, chronic back pain, knee pain, hip pain, foot pain (plantar fasciitis, blisters), etc. If this sounds like you, come and show some that booty some love! [30 min]

Cardio Cravings – Do you despise running, treadmills, ellipticals, bikes, stairmaster, row machine, etc BUT need cardio endurance? If so, this is the cardio and full body work out that you need, to get the body you crave! This challenging but fun class will keep you on your toes and in great physical form as we test our endurance and stamina! Afterall, life’s a marathon, not a race!! [1hr]

Stretch and Burn – Stretching is a crucial part of self-care; keeping your muscles limber helps prevent injury and sickness. Regularly stretching prevents toxins from collecting throughout the body by increasing circulation; reduces stress, muscle tension and knots, general rigidity and pain; improves muscular function and mobility, and enhances performance and quality of life! [1hr]

Core-poral Training – Did you miss your appointment with your 2018 summer bod? Let’s get started early this year and get results that will turn your summer goals into a lifetime! [30 -45 min]

Cycle Zone 45 and Cycle Zone – Stay in the “zone” with these 45 minutes of intensity. You’ll ride through challenging terrain with Angela, from the shoreline to the hills on this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout.

Cycle 2 the Beat, Cycle To The Beat – Join Amy, DeAnnah or Rachael for a high intensity cardio endurance class choreographed to the beat of each song. A variety of music genres are offered ensuring that you will hear music that gets you pumped! Come cycle to the BEAT!

SpinTATIC – This is a moderate to advanced indoor cycling class that offers beginner modifications so ALL are welcome! Come prepared to sweat and jam to a wide range of music from hip hop to oldies! Cycling addresses cardiovascular and muscular endurance as well as strength – so get ready for the burn!

Power Pilates – Challenge your stability, core strength, and mind with the fresh and fun Stott Pilates method! This class will target your arms, core, legs, and bum all while improving your flexibility, and increasing your range of motion. [60 min]

Hip Hop Dance Party – Whether you’ve got swag, rhythm, or something in-between, this class is sure to get you moving, sweating, and smiling in no time! [45 min]

High Intensity Interval Training (H.I.I.T.) – This class is a high intensity interval workout packed with a little bit of everything! We utilize weight training, CrossFit exercises, cardio, and body weight resistance to create an energizing, total-body workout. You will never be bored, and you will always break a sweat!

Bootcamp Burn – Ready to sweat? Looking for a workout to change up your fitness routine? Look no further! This 45/60 minute class is a high energy workout that challenges specifically targeted muscles using free weights, interval training, and bodyweight exercises. “

Relax and Stretch – Inspired by Stott Pilates and ballet technique, this 30 minute class is sure to increase your flexibility, while also fostering a peaceful environment for your mind to relax!”

Breaktime Barre – This class will incorporate elements of ballet and Pilates into isometric exercises that will help create a strong core and improved posture, followed by deep stretches for the hips and legs. Moderate intensity, no joint impact (no jumping). [30 min]

Breaktime Stepper – A shorter Low Impact Step Aerobics Class with a burn-focused Rhythmic Stepping [30min]

Breaktime Balance – Full body workout to promote stability and balance using stability balls, weighted (medicine) balls, kettle bells, & dumbbells. [30 min]

Breaktime Step & Balance – A fusion of the Breaktime Stepper and Breaktime Balance that will provide a low impact full body workout to promote stability and balance using stability balls, weighted (medicine) balls, kettle bells, & dumbbells that will also include a heart strengthening rhythmic stepping on an aerobic step [30 min or 60 min]

ZUMBA®TONING – Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba®Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances the sense of rhythm and coordination, while toning target zones, including arms, core, and lower body.

Dance Yo’Self Fit – Come turn up before the turn up!!! 45 minutes of hi/low dance combinations to create an interval feel with maximum results. Come dance using old & new moves week after week: Step! Dance! Core! Join us as we party the pounds away with the added bonus of sculpting and toning your muscles! Let’s dab on ‘em!

Krazed Kickboxing + ABS – Enjoy the energizing synergy of cardio, kickboxing, toning and moves for your abs. It is sure to keep you on your toes!

TRX Core – Challenge your core with unique workouts utilizing Suspension (TRX) training! Suspension bands employ bodyweight exercises to develop strength, balance, core stability, and flexibility.

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Beginner Step – Simple, heart-pumping step aerobics routines that provide a complete cardio workout. This is an excellent cross-training class for all skill and fitness levels. You will be surprised by how much you'll actually enjoy sculpting your body by following fun step combinations. Come join me and step into a healthier you.

Mindful Yoga Fusion – Great for those looking for a little bit of everything. Mindful Yoga Fusion opens with with faster-paced flows to increase the heart rate and connect to the breath; one breath, one movement. The second half of class will transition to longer holding poses focused on alignment and strength. Class will end with a relaxing wind-down to leave you feeling confident and at-ease.

Strengthening Slow Flow Yoga – With the breath as a focus, this vinyasa yoga-based class will challenge and strengthen your body and mind. After beginning movements to open the body to prepare for deeper engagement, you will be guided through longer holding poses and core exercises. This class is perfect for beginners and experts alike to build strength, flexibility, motivation, and body awareness. It may be slow but it brings the heat!

Zumba Hype! – Not your average Zumba cardio session. An International fusion dance party designed to make you sweat. I'll get you HYPE and have you moving in ways to jam out your best body.

KickABS – Is your core your kryptonite? Let this class reduce your waist, tighten your core and unleash your inner Superhero in 30 minutes!

Kickbox Extreme – Kick up your cardiovascular endurance and improve your aerobic fitness with basic punches, blocks, and kicks. Knockout fat and blast off calories with this two-in-one cardio kickboxing and strength circuit workout. Come ready with "the eye of the tiger!"

Solar Yoga – Vinyasa focused on the balance of mind, body and spirit. Starting off with a slow activation of your body synchronized with your breath, allowing all your thoughts and worries to slowly melt away! Integration of sun salutations to activate and purify within. Ending with a balanced sequence of poses targeting all parts of your body. Perfect for all levels!

Yoga Nidra Meditation – Yoga "Nidra" meaning sleep, is a powerful meditation technique open to everyone. This meditation takes you into a state of consciousness between waking and sleeping. No previous experience needed! Just lay on your mat and relax as I take you on a 30-minute guided meditation to reenergize your mind and body. Just listen to my voice and allow me to calm the waves in your mind.

Classes will begin September 10 and will end December 15, 2018.



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