

Group Fitness Class Descriptions

Abs & Stretch: (Anna)

Let this class reduce your waist, tighten your core and unleash your six pack! We'll work through standing core moves to core work on the floor utilizing bodyweight, dumbbells and other resistance equipment to challenge the muscles in the mid-section and get you to your fitness goals!

AbBLAST: (Reno)

Everybody wants better abs! More than just looks, strong abs help contribute to overall core strength. This class has hit 'em hard abdominal work firming up transverse, obliques, and rectus abdominus. Come ready to work for the results you want to see!

Ballsy Moves: (Rachael)

Full body workout using stability balls, weighted (medicine) balls, kettle bells, & dumbbells.

Barre Fitness: (Abida)

This class will incorporate elements of ballet barre exercises and Pilates for a strong core and improved posture and balance. We will finish with deep stretches for the legs and hips. No dance experience necessary! Moderate intensity, no joint impact (no jumping).

Basic Beats: (Rachael)

Aerobics with a hip-hop twist. Beginner to intermediate.

Belly Dance: (Abida)

Join us to learn the ancient art of belly dance! We will cover the basic techniques – healthy posture, isolations, circles, 8's, shimmys, and arms, then experiment with a variety of choreographies that you can practice at home. No experience necessary! Low intensity, no joint impact (no jumping).

BodySCULPT: (George)

To shape... To mold... To carve out... This sculpting class focuses on developing a more aesthetic build. Utilizing the weight room, this class is designed for no more than 8 people, so first come first served!!!

Core Cuts: (Lakithia)

Get ready to strengthen your core and tighten your abs for better functional strength with this class. Focusing on the abdominals, obliques, and lower back muscles, you will challenge the powerhouse of your body in just 30 minutes!

Cycle To The Beat: (Amy)

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!

Get Busted Bootcamp: (Tat)

This class mixes traditional calisthenics and body weight exercises with interval training and strength training. It is designed in a way that pushes you harder than you would push yourself AND pushes you all the way to achieving your health and fitness goals!

HIIT: (Anna)

This is a high-intensity workout that has fitness and weight-loss benefits! Is it like CrossFit? Is it like circuit training? It is a bit of both! It consists of eight rounds of exercises in a 20-seconds-on, 10-seconds-off interval!

HIIT Cycle: (Sharon)

It is all done on a Spin Bike. For 45 mins receive High Intensity Interval Training something you have never experienced. Come and get your body moving and your heart pumping!

Kick Abs: (Tat)

Is your core your kryptonite? Let this class reduce your waist, tighten your core and unleash your inner Superhero in 30 minutes! We'll work through standing core moves to core work on the floor utilizing bodyweight, dumbbells and other resistance equipment to challenge the muscles in the mid-section and get you to your fitness goals! No warm-up is included in this 30min class, so come ready to work!

Kickbox Insanity: (Reno)

High energy class that promotes self-defense and confidence through a series of punches, blocks and kicks that will help sculpt the body and burn calories.

PiYo: (Katie)

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Power Yoga: (Keerthi)

This is an intense workout that will make you sweat! It flows with a faster rhythm than a traditional Ashtanga practice using the same series of poses held for only a few breaths. It's great for strength training compared to other forms of Yoga. Ideal for flexibility and meditation, because in Power Yoga, you lift and hold your entire body's weight constantly. This class will make you feel energized! You leave feeling calm, but with an extra little skip in your step! Sure to be able to tackle that paper or long study session afterwards!

Restorative Stretch: (Abida)

Relax the entire body with gentle, therapeutic stretches for the shoulders, back, hips, legs, and more – stimulate circulation, reduce stress, improve posture, focus on deep breathing! Perfect for your "rest day" or following your cardio workout!

Riding With A Rhythm: (Sharon)

Let's ride the world. In 50 min you will receive the joy of Speed, Mountains, Ruff Terrain and Hills. Let's ride in the wind and tour the world like to Tour De France!

Rhythmic Cycle Lite: (Rachael)

Do you love music? Are you looking for an effective full-body workout that's low-impact and fun? Then Rhythmic Cycling is for you! Get movin' and groovin' with Rachael as she takes you through a stress-relieving, calorie-burning workout that will sculpt, stretch and tone your body while expanding your horizons in the musical world of hip-hop, pop, rock, funk, disco, techno, dubstep, and more!

SpinTATic: (Tat)

This is a moderate to advanced 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!

Strength and Stretch: (Abida)

Join us for a gentle workout with emphasis on body-weight exercises for the arms, core, and legs, followed by a variety of deep stretches. Build strength and flexibility, improve posture, and focus on deep breathing. Moderate intensity, no joint impact (no jumping).

Tabata: (Reno)

This is a high-intensity workout that has fitness and weight-loss benefits! Is it like CrossFit? Is it like circuit training? It is a bit of both! It consists of eight rounds of exercises in a 20-seconds-on, 10-seconds-off interval!

Total Body CardioBLAST: (Reno)

Burn calories with this fast fat-burning class! This program challenges your body with several fat-burning exercises, such as Jumping Rope, the Squat Thrust, the Kettlebell Swing and several other moves that burn major calories!

Vinyasa Yoga: (Nick)

An energizing yoga flow that welcomes all levels on building strength, arm balances, deep back bends, and overall peacefulness.

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Wind down Yoga: (Nick)

A relaxing yoga flow designed to help practitioners wind down after a long week. Breath work, awareness building, and inner peace are the primary goals in this class.

Yin Yoga: (Nick)

A yoga flow designed to increase flexibility by stretching connective tissues. Poses are held longer than a traditional yoga class, and will focus on the hamstrings and hips.

Yoga-Lattés :(Sharon)

Come and new experience of a blend of Yoga for 55 mins. It includes Yoga, Plates and Thi Chi all woven together to modern music. You will need a mat or two.

Zumba: (Tat/Lakithia)

Tired of the treadmill? This class is a high energy, heart pumping, dance-inspired workout that fuses traditional Latin rhythms such as Salsa and Merengue with hip hop. Each class features simple and fun routines that help tone your body and get your heart rate up! Dance experience is not required! Our instructors will work with participants to ensure the best results. You will have so much fun that you'll forget you're working out!