

Group Fitness Class Descriptions

Absolutely Abs: You sure can achieve those dream abs with this 45 minute class. Come learn numerous ways to bust that gut, strengthen that core and rip that mid section in fun challenging ways!

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.

Booty Blast: 30 min class that will help you lift, shape, and build your favorite assets.

Cardio Camp: Non traditional cardio class utilizing bodyweight exercises to provide an energetic and effective cardio workout.

Cycle To The Beat: 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!

Fit Camp: Total body class designed to help participants develop and increase their overall fitness.

Kickbox Insanity: 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.

Kickboxing extreme: Learn some awesome self defense moves and at the same time tone and strengthening your body! In this kickboxing extreme thing, let Tat show you how to KICK your fitness goals into full gear!

Kickboxing Circuit: 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."

Killer Kore: 30 min core class meant to give you strength, stability, and definition.

The Kraze: 20 minutes of strength, 20 minutes of cardio and 20 minutes of core work all mixed up with a healthy dose of crazy from Kelly. The Kraze will give you everything you need in one hour to work your whole body. Moderate to advance levels.

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.

Outdoor Yoga: Take a break from your busy day to get outside, move your body, feel the wind on your skin, earth under your feet, and remind yourself that you are alive! This class will incorporate the sensations and imagery of the natural world into a gentle yoga sequence. We will use breathing techniques and mindful movements to help release the thinking brain and tune in to the body. Let tension in your neck, shoulders and hips melt away in the sun for bit then and go back to your day feeling refreshed and renewed. Each class will end with a final relaxation and meditation. This class is accessible to everyBODY, no yoga experience necessary.

SpinTATic: Spin yourself into a New YOU in Tat's SpinTaTic Spinning class. Build up your speed while burning countless calories and getting fit to fantastic music. It's indoor cycling on a whole new level!

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!

Wind Down Yoga: Vinyasa for those wanting to experience a physically slower paced class. Holding postures, focusing on cultivating a powerful and healing breath to build strength and confidence within.

Zumba Hype: Come join a very exciting and inviting atmosphere where you not only unwind learning dance moves but where you're also getting a GREAT cardio workout to hype music with an instructor who'll encourage you to enjoy being you!

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.