

# Group Fitness Class Descriptions

**Belly Dance** – Join us to learn the ancient art of belly dance! This class will focus on the basic techniques – we will discuss healthy posture and practice isolations, circles, 8's, shimmies, and arms. We will also combine basic movements into a choreographed dance routine. Low intensity, no joint impact (no jumping).

**BootCamp Abs** – Uses fat burning cardio moves that focus on the core and work your entire body. Anything goes in BCA! All is fair in the Battle of the belly bulge! Intensity modifications for all levels. Come wage war on your core in BC-ABS!

**Bootcamp Cardio** – 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.

**BOOTCAMP STEP** – Get moving with this cardio-step based class that incorporates plyometrics, strength training and fun cardio moves. Bring up your heart rate, break a sweat, have a blast with upbeat music. Then cool down with a rewarding stretch for a full body workout. This class is great for all fitness levels.

**Barre Fitness** – 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).

**BARRE BOOTCAMP/Barre Fusion/Barre Burn/Burning at the Barre** – Burning at the Barre is Barre amped up! No dance experience is necessary! This class combines Dance, Pilates, Yoga, cardio, and resistance training for a unique, high energy workout. Barre is a total-body workout blending ballet technique with specific muscle toning, dynamic balance, and flexibility. Burning at the Barre will combine small isolated movements, as well as large range of motion intervals to keep your heart rate elevated. Leave this class feeling physically and mentally accomplished!

**SpinTATic** – 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!

**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 To The Beat** – Join Amy 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!

**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. Experience a relaxing yoga flow with Kristine.

**Total Body Resistance -TRX** – Uses a Navy Seal developed suspension trainer system to leverage gravity and your bodyweight to perform hundreds of exercises. These bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. You're in control of how much you challenge yourself on each exercise - you simply adjust your body position to add or decrease resistance. 10-12 MAX. First come-First Serve. Try TRX suspension training & be set free from gravity!

**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.

**Guns, Gut, Glutes** – This strength-based class targets your glamour muscles: the glutes, the guns and the gut. With fun music and high-energy, you can condition, strengthen and tone some of the biggest muscle groups. All levels of participants are welcome!

**Power Yoga** – This is an intense workout that will make you sweat. Power Yoga 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 will leave Power Yoga feeling calm but with an extra little skip in your step! Sure to be able to tackle that paper or long study session afterwards.

**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!

**Foundational Power Yoga** – Foundational Power Yoga has the same focus and principles as the Power Yoga class, but is a level below when it comes to the complexity and intensity of poses. The layout of this class is great for the beginner yogi and is designed to build confidence in your practice!

**Zumba** – Not your average cardio session. A Latin fusion dance party designed to make you sweat.

**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.

**Suspension (TRX) Bootcamp** – Challenge yourself with a high energy workout utilizing Suspension (TRX) training! Suspension bands employ bodyweight exercises to develop strength, balance, core stability, and flexibility. This class delivers an effective total-body burn combining strength training, heart pumping HIIT intervals, sculpting and more.

**Total Body Burn (HIIT)** – 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!

**Restorative Stretch** – Join us for a gentle, full-body workout with Pilates-based exercises and intervals of stretching. Build strength and flexibility, stimulate bone mineralization, improve posture, and focus on deep breathing. Low to moderate intensity, no joint impact (no jumping).

**Strength & Stretch** – Join us for a full-body workout with emphasis on arms, core, and legs, followed by deep stretches for the hips, back, and legs. Build strength and flexibility, stimulate bone mineralization, improve posture, and focus on deep breathing. Moderate intensity, no joint impact (no jumping).

**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.”