

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.

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!”

Hit the Barre – This class incorporates elements of ballet, modern dance, and Pilates into isometric exercises followed by deep stretches designed to improve posture, increase flexibility of the limbs, and build strength in the core. Moderate intensity, low joint impact (no jumping). [30 min]

Step Out and Stretch – This short, low impact step aerobics class features a combination of burn-focused rhythmic stepping and deep, tension-releasing stretches. [30min]

Find Balance – This full body workout promotes stability and balance using stability balls, weighted (medicine) balls, kettle bells, & dumbbells. [30 min]

Step Out & Find Balance – A full body workout that promotes 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.

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

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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.”

Candlelit 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.

Yoga blend – A fusion of Vinyasa and yin yoga. Begin class with an energizing Vinyasa flow, building strength and balance as you flow through yoga postures one breath, one movement. Then transition to the slower pace of Yin yoga, focusing on stretching. The best of both worlds, work out and relax all in one class.

Dance Fitness – Come let loose and dance it up for 45 minutes of high energy fun. With fun routines and hit music, you won't realize you're getting a great workout in until you leave the class sweating.

HipNosis – Come try experience this sultry dance class that involves slow dance moves executing core movement. Working the hip flexor complex, while toning glutes, legs and obliques.

Meet Me On Da Floor – 30-minute workout on the gym floor. Meet me on the main fitness floor for a 30-minute full-body workout that is progressive and effective. Bring with you a blank notebook, ink pen, towel, goals and water.

Mindful Meditation – 30 minute guided meditation class aimed to soothe thoughts, worries, or anxiety running through your mind. In a comfortable and relaxed position allow your mind to be guided to a calmer, clearer and more present mindset allowing you to add more clarity and energy into your life.

STRONG by Zumba® – This is NOT a dance class. This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move that works your entire body!

Tabata Series: Upper Body – Tabata is a form of High-Intensity Interval training that consists of a series of 4-minute workouts with a 1-minute rest period between them. This class explores both strength training and cardiovascular fitness in the HIIT format. This class will focus on upper body exercises and can be adapted to the individual participants for the day. The beginning of the class will address proper form and execution for the exercises of the day; we then begin with the exercise cycles.

Tabata Series: Lower Body – Tabata is a form of High-Intensity Interval training that consists of a series of 4-minute workouts with a 1-minute rest period between them. This class explores both strength training and cardiovascular fitness in the HIIT format. This class will focus on lower-body exercises and can be adapted to the individual participants for the day. The beginning of the class will address proper form and execution for exercises of the day; we then begin with the exercise cycles.

Tabata Series: Core and Cardio – Tabata is a form of High-Intensity Interval training that consists of a series of 4-minute workouts with a 1-minute rest period between them. This class explores both strength training and cardiovascular fitness in the HIIT format. This class will focus on core and cardiovascular strength and can be adapted to the individual participants for the day. The beginning of the class will address proper form and execution for exercises of the day; we then begin with the exercise cycles.

Tabata Series: Full Body – Tabata is a form of High-Intensity Interval training that consists of a series of 4-minute workouts with a 1-minute rest period between them. This class explores both strength training and cardiovascular fitness in the HIIT format. This class will focus on a full-body workout and can be adapted to the individual participants for the day. The beginning of the class will address proper form and execution for exercises of the day; we then begin with the exercise cycles.

Functional Fitness Series: Basic Form and Function – Basic form and function are two of the most important aspects of our fitness training. This class allows participants to do many things. They may submit exercises to be covered in the upcoming class to be sure their form is on point. They may also inquire about specific functions or goals. They may want to build stronger triceps or increase the size of their biceps. We then find specific exercises that will aid in the participants' goals when exercising alone. It's like personal training in a group setting! Participants would need to submit exercise or function requests at least 24 hours before the class so that they could be properly addressed during the class.

Form and Function Series: Musical Fitness – No matter the extent of our participation in music, our primary instrument is our body. This class will focus on a core set of exercises that improve breath function and body utility to help increase functionality for all levels of musicians. From singers to wind players, from percussionists to string players, core strength is of highest importance to proper form when making music. This class will explore specific exercises to help the strength and function of the core as it relates to music-making, while also giving participants tools to address core tension (the degree to which it is necessary and how to release it when unnecessary) while making music.

