

Group Exercise Class Descriptions

Balletone is a full body, non-equipment workout giving you high intensity and low impact. It blends workout techniques from dance, Pilates, fitness, and yoga. You will work on core strength, muscular endurance, dynamic balance and flexibility, leaving no muscle untouched.

Barre: is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches.

Cardio & Weights/ Cardio Strength- Mixture of cardio and body weighted exercises and light weights are included. Intervals of bodyweight exercises, free weights, balance and core is mixed with fastpaced combinations of resistance training and cardio endurance work all intertwined with playful athletic training to raise the heart rate.

Cardio Body Blast: Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.

Equipment Orientation/Weight Training: An introduction to the weight room with proper lifting techniques. Instructor will explain to properly conduct the exercise and what muscle group each equipment targets! If you've ever been intimidated of weights, THIS IS THE CLASS FOR YOU!

Extreme 60: High intensity interval training that's a full-body workout combining cardio, strength, and core using various modalities to keep you on your toes and push participants to the limit feeling strong. The classes' rigorous training sequence will improve cardiovascular fitness while improving muscular strength and endurance.

Group Cycle/disco cycle: Group Cycling is a unique program based on the outdoor cycling methods of competitive cyclists. This class incorporates various resistances (gears) with the appropriate RPMs for maximum rider efficiency and safety. Participants will learn the proper techniques necessary to experience higher VO2 levels for increased cardiovascular performance and greater caloric expenditure. First timers need to allow a little extra time for orientation and proper bike set up. This class truly is geared to all fitness levels. Bring water!

Kickboxing: Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Mixed Fit: Mixed Fit is a people-inspired fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all the movements are always big, exaggerated, full-out you best. Traditional Mixed Fit class is 60 minutes in length, the choreography is not complex and difficult. The steps are repetitive and very easy to follow.

Muscle Conditioning: Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels.

Yin Yoga: A slow-paced style of yoga with postures. Yin yoga class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, and lower spine. These areas are especially rich in connective tissues.

Yoga 1 & 2: Exercises focused on posture, stretching, and promotion of physical and spiritual well-being. This class is geared to all fitness levels. For beginners and next level!

Zumba: An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. This class is geared to all fitness levels.

Functional Fitness: A guided group fitness class consisting of a Workout of the Day (WOD) performed by the entire class. The typical workouts are a combination of strength training, aerobic exercises, olympic weightlifting, and/or bodyweight movements - all performed at various intensity levels and intervals.

Strong 30: Combines body weight, muscle conditioning, cardio and plyometric training that moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

HIT n' Tone: A results driven class consisting of targeted resistance work interspersed with bursts of High Intensity Cardio work designed to increase stamina and speed.