



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE

FITNESS CLASS DESCRIPTIONS

Arthritis

Gentle water exercises to help improve flexibility, range of motion, and relieve pain and stiffness.

BARRE

A totally unique approach to BARRE workouts you've never seen before fusing the best of Pilates, Yoga, aerobics, and elements of the strengthening exercises dancers do.

Body Sculpt

Strengthening and toning using exercise balls, tubes, bands, body bars, and weights with an emphasis on correct alignment when exercising. Class includes proper warm-up and cool down that includes stretching.

Bootcamp: Strength & Stability

Three strength circuits, each featuring an upper body, lower body, and core exercise repeated three times, with a full-body power move between circuits. Modifications provided; all fitness levels welcome.

Cardio Kickboxing

Jab! Cross! Hook! This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories.

Cycling

Cycling is a cardiovascular workout performed to music on a fixed gear bike. Participants of all fitness levels are welcome. Water bottle, bike shorts, and bike shoes highly recommended.

Dance Fitness

Dance Fitness is a fun way to spice up your workout regimen. It is an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. You may have so much fun that you forget you're burning calories!

Flex & Flow

Ease into your day with this gentle class of stretching to improve your flexibility. Yoga and balance are incorporated into this class allowing it to be very effective.

Foam Rolling

Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion.

Group Fight®

Group Fight is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. No equipment necessary.

Group Power®

Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises set to dynamic music.

Group Ride®

Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish.

Hybrid Cycling

Join us for this 45 minute class where we kick off the first 30 minutes on the bike, then take it to the floor for the final 15 minutes for weights and/or core!



SEE BACK FOR ADDITIONAL CLASSES





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Kettlebell AMPD®

Kettlebell AMPD® takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

R.I.P.P.E.D.®

This total body program utilizing free weights along with resistance and body weight masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics, and Endurance.

R.I.P.P.E.D. RUMBLE®

Similar to R.I.P.P.E.D., Rumble has been created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

Rhythm Aerobics

High and low intensity movements using choreographed dance movements with fun music to keep you motivated!

SOULfusion™

SOULfusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises all set to crazy fun music.

Tai Chi

An ancient Chinese art of relaxation, healing, and self-defense for all occasions and physical ability. The gentle, natural fluid movements can help reduce stress/pain, build balance to prevent falls, prevent illness, and slow aging.

Total Body Burn

Total Body Burn is a high intensity circuit training workout utilizing heavy bags, weights, battle ropes, jump ropes, and plyo boxes.

Vinyasa Flow Yoga

Vinyasa Flow Yoga is a style of yoga that flows from one posture to the next seamlessly. This transition coordinates with the breath. It's commonly referred to as "flow" yoga.

Water Fusion

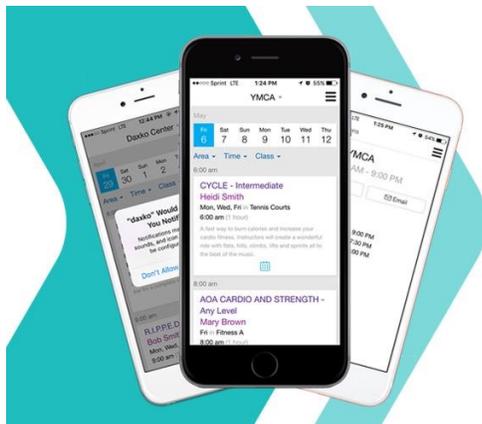
Activate your urge for variety! Water Fusion offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.

Water Jog

Deep water exercise class.

Yoga/Sunrise Yoga Stretch

Creates a toned, flexible and strong body, increases energy, concentration, and memory. Helps to maintain a balanced metabolism. Boosts immunity and relieves pain. Improves balance, posture, and athletic performance.



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