



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.

Cardio Kickboxing

Inspired by Tae Bo, this high-energy, full-body workout is designed to improve cardiovascular health and build muscle strength. This class is appropriate for ALL fitness levels. Please bring a mat.

Chair Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.

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.

HIIT Strength

Three HIIT 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. Please bring a mat.

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.

Pilates

With just one resistance band, capture all the postural, core, and alignment challenges that reformer work is famous for.

POUND®

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

SEE BACK FOR ADDITIONAL CLASSES





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RIDE 30®

MOSSA RIDE30 will improve your muscular endurance and cardio fitness as you ride with surges, intervals, power, and end with a rush!

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.

Stroller Strong

Join us for a fun and energizing workout designed just for moms/caregivers! Whether you have a baby in a stroller, a toddler, or a young child, this class welcomes you. We'll combine strength, cardio, and core movements with plenty of modifications to meet you where you are. Come for some gentle movement or be ready to challenge yourself! All experience levels are welcome. Come as you are and leave feeling stronger and more connected. Please bring a mat if possible and a stroller for your child if you choose.

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.

Water Fusion

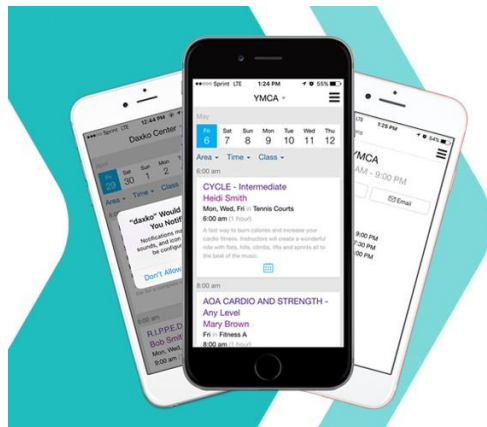
Activate your urge for variety! Water Fusion offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.

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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