

# GROUP FITNESS | Class Descriptions as of 02/01/2022

## TOTAL BODY/CORE STRENGTH

### Core Blast

A full core workout focusing on the hips, lower back, and abs – burn the most calories in a short period of time. Beginner, intermediate & advanced.

### Strength & Cardio

Functional training to elevate heart rate and burn calories. Equipment used can vary from body weight, dumbbells, TRX, Bosu Balls and may entail circuit stations.

### Strength Basics

A strength based class that focuses on fundamental and functional strength moves. All low-impact moves.

### Kickboxing/Strength

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 burn calories while also building lean muscle with strength moves. Come try this fun and challenging workout!

## MIND+BODY

### Body Reset

This class will calm the mind and body with gentle stress relieving stretches, slow breathing, and mindful relaxation techniques.

### Tai Chi

Gentle, low-impact movements, done in a flowing, focused way help to strengthen the body, increase flexibility and promote a feeling of calm. Beginners welcome!

### Therapeutic Yoga

This therapeutic style of yoga will focus on addressing muscular discomfort of shoulders, back, and hips. This class will help address tightness in these areas and help loosen and restore muscles. Follow this class with our "Body Reset" to leave you relaxed, reset, and ready to tackle the rest of the week!

### Yoga for Happy Hips and Back

Yoga with a focus on healthy movement for the hips and back. Nourish your joints with a combination of strengthening and stretching postures taught with modifications. This class is for all levels.

### Yoga for a Relaxed Body and Calm Mind

This class will calm the mind and body with gentle, stress relieving stretches, basic yoga postures, and informative instructions on the use of props and breath work to soothe the nervous system.

### Wake Up & Be Happy!

Start your day off feeling energized, balanced and stretched. Expect to get your blood moving, your mind focused, and your nervous system calm.

### Yoga for Posture & Balance

Guided instruction with a focus on optimal posture within a progression of movements that prepare the body for balance. Designed to improve breath, strength, balance, flexibility and posture.

## CARDIO

### Move and Groove

A simple to follow dance inspired format with the option to add resistance to emphasize the large muscles of the body, your glutes and legs! Move and Groove will have you moving, grooving, maybe burning and most definitely smiling!

### Zumba®

A Latin dance-based cardio workout certain to get your feet and hips moving and your heart beating strongly. The fastest hour of fitness you've ever experienced. Beginner, intermediate, & advanced.

## AQUATICS

### Aqua Zumba®

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

## CYCLING

### Cycle

An invigorating cardio workout performed on a stationary bike based on sound cycling principles. Classes focus on RPM's, climbs and sprints. This will be an unpredictable ride that is fun and challenging.

