

# Group Fitness Class Descriptions

## 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.

**Fluid Motion** Fluid motion focuses on increasing your range of motion with body weight exercises & stretches to create more fluidity in your daily life. The focus will be on increasing your mobility for greater posture, flexibility & better workouts.

## 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!

**Gentle Yoga Flow** 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 week!

**Yoga Body Reset** Start off your week with breathwork, stretching, yoga poses and end with relaxation. Suitable for all.

## MIND + BODY

**Wake Up Be Happy Yoga** Start your day off feeling energized, balanced and stretched. Designed to improve breath, strength, balance, flexibility, and posture.

**Gentle Yoga** A very calming and gentle class designed to facilitate deep relaxation. Suitable for all.

**Rise and Shine Yoga** Get your energy moving & blood flowing with active yoga, balance postures and stretching, breathwork and relaxation. Leave feeling refreshed and ready to meet your day. Suitable for all early risers.

**Slow and Balanced Yoga** A slow flow class designed to get you into your body and out of your head. A nice mix of effort and ease. Suitable for all.

## MIND + BODY

**Hatha Yoga** This gentle yoga combines yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind.

## 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.

## CARDIO

**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.

**Yoga Recharge and Refresh** This restorative yoga will teach you techniques to reduce stress and find inner calm with breathwork and yoga poses, and you will leave feeling recharged.