

GROUP FITNESS CLASS DESCRIPTIONS



BODYATTACK is the sports-inspired **CARDIO** workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter! **OPTIONS AVAILABLE** so every individual can reach their fitness goals!



BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BOSU - Class that improves your balance and strengthens core while sculpting your body. Entire class done on Bosu.

CARDIO SCULPT - A great, overall workout with a lot of variety. This class will consist of cardio, strength training and conditioning utilizing the step, dumbbells, stability ball, BOSU, body bar and tubing. May include Urban Rebounding for cardio segment.

HARD CORE ABS - Class designed to strengthen and tone your core with various exercises for the upper, lower and oblique abdominal.

HAVE A BALL - Cardio and sculpt class done with the stability ball. Focus is to strengthen core and improve your overall level of fitness.

KARDIO KICKBOX - A cardiovascular workout that incorporates boxing punches, karate kicks and strikes for that total body workout. May include drills, jump rope and abdominal workout.

PILATES MAT - Pilates is an exercise system focused on improving flexibility and strength without building bulk. It is a series of controlled movements engaging your body and mind, promoting physical harmony and balance for people of all ages and physical conditions.

POWER SCULPT - Strength training and total body conditioning workout utilizing dumb-bells, body-bars, fit-balls, tubing, the step, as well as incorporating floor exercises. It will improve your fat burning ability and help sculpt and define your body.



A class for all ages and levels that uses a stationary bike in a "group environment". Experience the best indoor exercise ever. An effective and fun workout that is sure to leave you energized.

SPORT STEP - This multi intensity, low impact workout, which utilizes the step, is designed for the all levels to strengthen your heart and your mind with easy to follow choreography with a sport flair sure to burn calories, improve endurance and increase your overall level of fitness.



A cardiovascular workout performed on the unique Urban Rebounder utilizing familiar aerobic moves, sport specific conditioning moves, strength and conditioning exercises, and core stabilization techniques performed to high-energy music with motivating instructors. UR burns a tremendous amount of calories with minimal stress on body!

YOGA - A class based on an ancient form of movement that promotes balance, strength, flexibility and relaxation through various postures and breathing techniques. It also improves circulation and can be beneficial to your internal organs. A class that not only energizes, but also improves your overall sense of well being.

- **Hatha** – an integration of body, mind and soul. Same is accomplished through breathing by going into several posture & finishing with a guided meditation.
- **Vinyasa** – creative, soulful and devotional. Poses flows from one to another in conjunction with breath.



A dance aerobics class combining a fusion of Latin and international music. The fast and slow rhythmic moves will help tone and define your body. Class combines meringue, salsa, reggae, samba, etc.

Group Fitness Class Policies

- The purpose of a warm-up is to prevent injuries. For this reason, please do not enter class if you are more than 10 minutes late.
- The purpose of a cool down is to stretch those muscles that were worked during class. If you decide to leave class early, please take it upon yourself to stretch.
- You must wear proper attire and shoes to class.
- All classes are **GROUP** Fitness classes. Please do not create your own routine.
- Please be considerate...do not enter studio before previous class has ended.
- Place all belongings in locker rooms, NOT in "Group Activities" Studio(s).
- Please clean bikes after each class.