

# Group Exercise

## Class Descriptions

### **BODYPUMP**

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 (BODYPUMP EXPRESS is a 45-minute class).

### **BODYCOMBAT**

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, & muay thai.

### **CARDIO 'N' TONE**

This is the ultimate cross-training class that will maximize the amount of calories burned by performing basic, yet challenging athletic type moves that will raise and lower your heart rate.

### **CORE CONDITIONING**

An intense 30-minute workout designed to strengthen your core muscles.

### **CYCLING (45 OR 60 MINUTES)**

The multi-terrain cycling ride is designed to develop skills and improve performance. This workout will focus on increasing aerobic and muscular endurance by encouraging fast pace as the instructor guides you through runs, jumps, intervals, sprints, and climbs.

### **ZUMBA**

Zumba fuses hypnotic international rhythms and easy to follow dance moves to create a dynamic workout that will blow you away! Experience salsa, reggaeton, meringue, cha cha, belly dance, cumbia, and more. Come shake your booty with this one-hour aerobic dance party

### **BARRE**

Barre is a fun, energetic workout that fuses techniques from Ballet, Pilates and Yoga that will tone, define and chisel the whole body. The class combines strengthening and flexibility exercises with an added cardiovascular element utilizing the ballet barre and set to the beat of the music. All levels can dance together with intensity options to tailor an optimum workout for each individual.

### **FOAM ROLLING**

Foam rolling is an effective form of self-myofascial release. It helps loosen muscles and promote mobility and flexibility. Foam rolling can also help prevent pain and injury.

### **H.I.I.T.**

High intensity total body aerobic and strength conditioning workout. This class uses weights, plyometrics, and body weight to tone your body and improve your endurance.

### **MAT PILATES**

Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

### **YOGA**

Vinyasa YOGA- yoga poses are linked fluidly but held long enough for the student to adjust to a healthy alignment and mental awareness. Yin yoga- is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time

### **YOGA SCULPT**

A total body workout that is based in traditional yoga poses, but also incorporates light weights to tone and sculpt. Get ready to incorporate the best elements of cardio, weight training, and stretching into one upbeat class!



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