Fitness Class Descriptions

Stretch/Recovery Classes

**Yoga:** Designed to increase flexibility, strength and balance while improving posture, coordination and focus.

**Matt Pilates:** Increase core strength, improve posture, flexibility; and mobility. No past class experience needed.

Cycling Classes

**Cycling:** The latest in cross training, cycling is an instructor-led program and is appropriate for beginners as well as avid cyclists. It’s a high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

**Pedal & Pump:** Cycling combined with strength training for a complete, exhilarating workout.

Cardio/Strength Specialty Classes

**BODYCOMBAT™:** is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, May Thai, Capoeira and Kung Fu. *Express Format: 30 min

**BODYPUMP™:** is the original barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. *Express Format: 30 min working Warm up, squats, chest, & back.

**PiYo Live:** A low-impact workout that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

**Zumba:** Latin-inspired dance fitness class. Zumba is fun, different, easy and effective.

**High/Low Fitness Aerobics:** Upbeat motivating music with simple and easy choreography – Interval training moves which you can take high or low impact. Class open for all fitness levels.

**Power Sculpt:** This multi-level class is a full body strength training and cardio burst. Using a variety of equipment these exercises will increase strength, muscular and cardiovascular endurance.

Beginner/Active Older Adult Classes

**Strength & Balance:** Strengthen your muscles and maintain stability with core and balance exercises created to enhance your quality of life.