

COURSE DESCRIPTIONS

BARRELESS BARRE

Inspired by classical ballet barre and incorporating elements of strength training and Pilates, this challenging, but fun total-body, low-impact workout builds muscular endurance, core strength, balance, and mobility. Benefits include better posture, stability, and increased flexibility -all without the use of a traditional barre!

BARRE PILATES FUSION

Barre Pilates Fusion is an empowering workout focused on functional strength, alignment, safety, and fun. Incorporating elements of classical mat Pilates and the use of the barre to challenge balance, core stability, and coordination, this class will leave you feeling capable and energized. With a focus on training the smaller, deeper muscles, mental and physical stamina are prioritized to achieve whole-body experience.

CARDIO KICKBOXING

Cardio Kickboxing combines Martial Arts and kickboxing to increase muscular strength, cardiovascular conditioning, coordination, and balance. Join this fun, no contact cardio class to help you achieve your fitness goals. This a non-contact cardio-based class. No boxing experience required, and boxing equipment will be used in this class.

CORE INTENSIVE YOGA

Build your core in this energetic Vinyasa class that focuses on strengthening sequences. The class will include core abdominal exercises, standing poses, balancing poses, forward and back bending, seated postures, and Qigong, a soft martial art. This class also incorporates breathing techniques and a final relaxation.

CORE & MORE

The core is the CORE of all movement! This 45-minute class focuses on all layers of the core, strengthening the major muscle groups of your abs and lower back. Benefits include reducing lower back pain, increasing functional strength, and decreasing the chance of injury.

DEEP STRETCH AND FOAM ROLLER YOGA

This class adds the benefit of myofascial release to a deep stretch yoga class. Class starts with breath and centering and then progresses through a warmup including sun salutations and yoga flows. To reduce pain and stiffness, slow deep stretching exercises are integrated with foam rolling and the use of a tennis ball for self-massage. Class concludes with deep relaxation.

DEEP STRETCH YOGA

Class starts with breath and centering, and then progresses through a warmup including sun salutations. Once the body is warm, deep stretches that partner with gravity allow stretching with minimal added effort. Props are used to allow complete release in the poses, and to tailor poses to individual needs. Class concludes with deep relaxation.

SPIN THE DECADES

Let's cycle back in time with our Spin the Decades Class. This Cardiovascular workout will allow you to exercise your whole body with a playlist that will motivate you and bring you back in time. Your instructor will guide you from easy and fun cycling drills to more challenging and motivational exercises. No prior spinning experience is necessary - your instructor will walk you through the bike at the beginning of class!

STRENGTH 45

Strength 45 combines strength and functional training in 45 minutes. This high-intensity class features stations of sandbags, medicine balls, TRX, aerobic steppers, and more! Your instructor will guide you through this workout to help you achieve your strength and endurance goals.

SUNRISE SPIN

Start your morning off right, bright and early, with a great cardiovascular workout! Aided by a fun, upbeat playlist, your instructor will lead you through a variety of cycling drills and combos and encourage you along the way. No prior spinning experience necessary - your instructor will walk you through the bike at the beginning of class!

SUNSET SPIN

Unwind from your day with a great cardiovascular workout! Aided by a fun, upbeat playlist, your instructor will lead you through a variety of cycling drills and combos and encourage you along the way. No prior spinning experience necessary - your instructor will walk you through the bike at the beginning of class!

TOTAL BODY CONDITIONING

Take your body to the next level by combining weight training, body weight exercises, aerobic step drills, and plyometrics training to create a high intensity, total body workout. Strength training exercises and high-intensity interval drills are performed in quick succession to maximize your calorie burn and enhance your fitness level by working your whole body.

TOTAL BODY DUMBBELL

The total body dumbbell class is a strength-based workout that will leave you feeling strong and confident. You will be motivated to complete a variety of full-body movements and work to gain lean muscle mass. This class is ideal for everyone, as movements and weights can be adjusted to match your fitness abilities. We welcome all levels and look forward to getting stronger together!

TRX CIRCUIT

The TRX Circuit class is a fusion workout that will help build your strength, endurance, and functional mobility! This class incorporates a focus on strength and cardio while also providing a full-body workout with TRX equipment. Exercises will be modified to accommodate all fitness levels.

VINYASA YOGA

Vinyasa yoga links breath and movement while transitioning through a series of poses. Practice includes sun salutations and additional vignettes building around peak poses to improve endurance, strength, flexibility, and balance. Class concludes with a cool-down and Savasana to promote relaxation and stress relief.

WILD CARD-IO DANCE

Wild Card-IO Dance! The club meets the gym at this 45-minute cardio dance-based class! Your instructor will incorporate medium and low-impact footwork and body movements inspired by Hip-Hop, Latin, House and more! No dance experience required.

YOGA BASICS

A perfect class for beginners or those who wish to deepen their understanding of yoga practice. Each class will focus on proper alignment, integrated breath work and asana (poses). The instructor will introduce several breathing techniques as well as modifications to address injuries or limitations. Students will learn to challenge themselves while stretching and strengthening without injury.

YOGA/PILATES FUSION

A dynamic class that combines the core strengthening of Pilates with yoga sequences for flexibility, balance, and focus. Class begins with centering on the mat, progresses through more vigorous sequences, and ends with a final relaxation.

YOGA SCULPT

Yoga Sculpt is a unique form of Vinyasa Yoga that adds resistance training to your yoga practice. Class incorporates light weights and high reps to work the body from the inside out. We will use 2-5 pound dumbbells and resistance bands as equipment.

ZUMBA

Did someone say dance party?! Zumba is an upbeat, heart-pumping aerobics class based around easy-to-follow dance moves and lively, fun music. This high-energy class will not only increase your aerobic capacity, but it will also make you enjoy movement in different ways!