

Group Fit Class Descriptions

ABSolution: Do you need a solution for your **ABS????** This is your ABSolution! You will build strength in your back and in your ABS, and you will start getting that flat tummy that you desire!

Barbell Body Blitz: Utilizing plate loaded barbells, you will get **sculpted** from heat to toe!

Boot Camp: Don't be intimidated by the name, this is a great class for those who want to take a break from traditional aerobics. This challenging workout is a non-choreographed workout that will get your **heart pumpin** and your **muscles flexin**.

BOSU Body and Core: Balance is the **center of our core strength**. Come to this class to build strong abdominal and back muscles, as well as an overall lean look that will enhance all of your other workouts!

Cardio Interval and Strength: Interval training is the best way to **burn the goo!** You will use everything but the kitchen sink in this workout where you alternate cardio and strength! Go in and burn something!

Cardio Kickboxing and Strength: This is a 60 minute all out body blast that has killer kickboxing moves and strength training. It's gonna be a **sweaty mess**, and you are gonna love it!

Chiseled: This class uses a variety of equipment to keep your muscles shocked....and you have got to **shock it to rock it**. This class will find every muscle you have and chisel it like its carved from stone!

Dance Fever: It gets so hot in this class you **catch a fever**. Learn all different styles of dance...hip hop, swing, jazz funk, disco, and more! Come and catch the fever!

Hip Hop: Learn it.....Live it.....Love it! Get your **bling bling**, a flat brimmed hat, and your **swagga** on in this super fun class. Learn the dance moves of the dancers you love – choreographed to the beat of the music you love!

Hoop La Fit: Become Centered with our NEW hula hooping fitness class. It is hard not to smile when your hips are moving this fast! It is easier than ever with our adult sized hoops! You will shape your core and create a gorgeous foundation for dance.

Medicine Ball Conditioning and Strength: Plyometrics, muscle strengthening and conditioning make this medicine ball based class a dynamic addition to your workout program. You're sure to get a full body workout with basic yet challenging exercises.

Step to the Beat: Funky jams and stellar choreography keep your mind and body busy as you **step and sweat** to the beat! Choreography modifications allow you to make this class as fancy or as simple as you want!

Super Double Step: Double the steps, double the fun! You get to use multiple steps in this class.... **How fun is that?** Your brain is going to be so busy that your body won't even know what a great workout it is getting. Intermediate/Advanced

Step & Strength: This class is an excellent combination of cardio and strength—which happens to be the best way to **BURN FAT**. Your heart gets to pumping and then your muscles start shredding! Come in and **burn some GOO!**

Tabata Attack: GET READY FOR INTENSITY!!!! Turn your body into a fat-burning super-engine with this ultra effective, time-efficient workout. Only got half hour? That's all you need! Intense, athletic, simple moves will push you to your max, with the opportunity to log your progress throughout the semester.

TNT Cardio Kickboxing: This class is an explosion from the beginning to the end! Jab, hook, cut, and kick your body into shape. **It's da bomb!**

TNT Cardio Kickboxing & Core : Class integrates **AMAZING** kickboxing cardio and a fabulous ABS workout. Modifications make this class a great option for boxers of all levels.

Zumba: It's a party in every class! The Latin music energizes you as you salsa, samba, and shimmy yourself fit!

Zumba 45: Same as above, but its 45 minutes instead of an hour—**but its still a party!!!!**

PLEASE TURN OVER TO READ MORE DESCRIPTIONS!



Cycle Class Descriptions

All classes meet in the Cycle Studio

Ripped Rotation: It's time to tear it up! Rip up a route cycling and then rip up your ABS for the last 15 minutes of class! The number denotes the cycling length.

Ripped Ride Extreme: 1 ½ hours, need we say more? A class that has a 45 minute intense cycle ride followed by a boot-camp style workout. **It's gonna be intense!!** Meets in the Cycle Studio.

Zen Ride: This class starts with a bang and ends with an “ohm”. Begin class in the cycle studio for a sweet ride, and then proceed to the Studio 2 for your moment of zen.

Extreme Ride: This class is going to build endurance..... 1 1/4 hours of cycling fun! Excellent way to build up your cardio endurance and strength in your lower body!

Ride: This is a straight up cycling class. Cycling will challenge you to your core, so jump in and push as hard as you can. The number denotes the cycling length.

Mind/Body Class Descriptions

Beginning Yoga: This class builds a foundation of good alignment and understanding of yoga poses. Appropriate for beginners or anyone who wishes to spend more time on each pose.

Gentle Yoga: Gentle yoga is any yoga position than can be done by almost anyone which makes it perfect for everyone. Come see the difference a gentle yoga class can make:)

Hatha Yoga: This is a beginner class for practitioners that want to learn basic alignment. Hold poses for a few breathes and take the time to feel your bodies in these asanas. You will get a better understanding of weight distribution, and how to find your feet in balance. You will learn how to safely position your body to prepare you for an intermediate class when you are ready.

Integral Yoga: is a classic style of hatha yoga, focusing on one pose at a time with slightly longer holds & a gentler, more mindful emphasis. It follows a basic sequence, taking the body through its full, natural range of motion, while including some variations each class so you can find the poses that fit your body. The result is a simple but powerful practice that increases our ease in your body as well as focus & peace of mind.

Intermediate Hatha: Intermediate classes create more heat and is typically a little faster paced than level 1. Harder asanas such as headstands (Sirsasana), Shoulder stand (Sarvangasana), Wheel (Dhanurasana), and a variety of arm balances are incorporated into this class. Experienced practitioners only. Beginner students should begin at Level1.

Meditation: Traditionally yoga was used to prepare body and mind for greater enjoyment of meditation. This class will incorporate flowing yoga postures to build strength and flexibility of the body, and meditation to promote a healthy mind and spirit. This class is suitable for all levels.

Pilates Mat: The Pilates Method is a series of fluid movements which activate your CORE and support your SPINE. You will strengthen what is weak and stretch what is strong, as well as bring your body into ALIGNMENT and build LONG, LEAN MUSCLES! Modifications and variations will be used to teach to all ability levels.

Power Yoga: A fun, vinyasa flow style yoga class designed to get your body heat & heart rate up. You'll release stress, get a work out, and play with some inversions. Make sure you bring water and work-out clothing! This class is appropriate for students who have some familiarity with yoga (just a few yoga flow classes will prepare you for this more fast-paced class.)

Restorative Yoga: Deep supported stretches, that elongate and relax each and every muscle.

Viniyoga: often uses more basic poses to allow room for repetition, adaptation & emphasis on breath, resulting in a practice that may look simple yet can be surprisingly challenging and powerful. The benefits of viniyoga make it possible to move beyond the limiting patterns of movement, mind, and energy into a more integrated and functional way of being.

Vinyasa: This class is alignment based and utilizes a holistic yoga method. Your muscles will warm from the inside out, allowing for you to become stronger, flexible, and attain better posture. Join us to reduce your strss and anxiety, and gain clarity and happiness in the process.

Yoga Flow: Class will begin to understand vinyasa flow yoga classes - a style of yoga that combines one breath with each movement. It's a good stepping stone between your first experiences with yoga and more advanced classes. Release stress and attain an understanding of the basis of vinyasa yoga. Appropriate for all levels.

Yoga Pilates Fusion: Two worlds combine to give you a beautiful yoga session that interlaces the core strength of Pilates.

Yoga Sculpt: (this is held in studio 2) A challenging yoga class that incorporates weights to give you a sculpted lean body.

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