

CLASS DESCRIPTIONS

CARDIOVASCULAR TRAINING: *Designed to condition the heart and lungs, while burning fat and calories.*

BOX FIT	Power punching and kicking combination drills, interval training improving cardio, over all strength and balance. No Choreography.
CARDIO KNOCKOUT	Non-stop cardio intervals with short periods of rest. High intensity interval training.
CARDIO SCULPT	Combinations of cardio intervals interspersed with strength work
CYCLE	Group rides on stationary fixed gear bikes. Rides may focus on challenging drills with brief recovery periods or keeping cadence against heavier resistance. Great workout for competitive, recreational, or beginner cyclists. * Anyone new to Cycle, please arrive early to be shown how to adjust your seat properly and work the resistance on the bike. A cardio driven class, with plenty of toning to back it up. Expect a variety of formats.
FIT MIX	A class to help you create cardiovascular endurance, strength and flexibility through a variety of formats.
FITNESS FUSION	Everyone has always loved "the hustle." This format takes it up a notch with easy to follow moves that anyone can do, not to mention you will have a blast doing it. No experience required.
H.I.T	High Intensity Training. A combination of intervals of high intensity cardio training and strength and endurance. Moving quickly from one exercise to the next with little to no rest between.
INDOOR TRIATHLON	15 minute arms / 30 minute bike ride / 30 minute run/walk. A fun challenge for anyone.
LOW IMPACT	Intervals of light cardio and light sculpting are combined making this class perfect for the person who wants a lighter workout, the mature exerciser, new timers, or someone recovering from injuries.
RACE AND RIPPED RESULTS	30 minutes of cycle followed by 30 minutes of sculpting. Ideal combination just before the weekend. For ALL where you can work at your own level and find challenges using the BOSU, multi joint exercises using light weights, tubing and body bars plus various forms of cardio. Fun is found on the track and everyone will see RESULTS, ranging from "Wow, I can really do that" to the "body changes" we are all looking for!
ROCK THE ROPE	Play like a kid while melting away calories. Combing jumping intervals while learning new footwork with core work. Fact: 15 minutes of jump rope is equivalent to about 45 minutes of steady state running or you would have to run a sub 8 minute mile to equal the calorie burning of jump roping.
SPORTSMIX	Incorporating a variety of sports conditioning drills and exercises to offer a high-intensity class that is ideal for those who don't like much choreography.
STEP IT UP	Expect a fun, energetic full body workout utilizing the step with possible weight intervals.
SWEAT-ILATES	Use the track and do this "pilates walk" while mixing in an interval of pilates w/ props- incorporating some traditional strength and toning as well.
TRAINING CAMP	Reap the benefits of this ultimate calorie burning workout through challenging cardiovascular and resistance training.
TURBO KICK	The ultimate cardiovascular challenge complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training.
LATIN FUNK	A cardio workout with Latin flare. Learn the fun and easy steps of the Salsa, Cumbia and Merengue combined with a little Hip Hop and Reggaeton and you have your self an effective workout that will tone and sculpt the body.

STRENGTH TRAINING & MUSCLE CONDITIONING: *Designed to develop strength and tone the muscles.*

AB ATTACK	A 15 minute class designed to sculpt the abdominals and provided functional strengthening exercises.
CORE & FLEXIBLTY	Work on your balance, strength, posture, and flexibility while incorporating exercises that enhance your body's core. Experience the perfect mix of traditional flexibility movements with core conditioning necessary to strengthen and stretch your abdominals and back. A non-choreographed class perfect for people that want the benefit of core and flexibility work without traditional yoga moves. An extended version of Sculpt.
POWER SCULPT	Burns fat, carves muscles. This class creates a lean, firm and sculpted body by reshaping and elongating muscles while maintaining an intense pace that burns fat and increases stamina.
RAISING THE BAR	Progressive resistance training for muscular strength and endurance. This class may utilize bars, dumb bells, ankle weights, gliders, bosus, tubing and bands.
SCULPT	

MIND / BODY FORMATS: *Develop strength and flexibility while focusing on balance and relaxation.*

CENTERED YOGA	A disciplined yoga practice inspired by Bikram yoga that integrates breathe and asanas in a heated environment . The class is designed for all levels, first time students and experienced practitioners alike. You will learn to focus your mind and control your breath, leading you to work harder, deeper and calmer.
FLOW YOGA	Integrating postures into a vinyasa (flowing from one to another) with some held postures to balance strength and flexibility. A total body workout and a wonderful cross training tool.
*Gyrokinesis	Exercises done on a stool and on a mat, are designed to restore full range of motion to the joints and the spine while strengthening deep core abdominal muscles. The goal is to lead the body to its greatest potential strength, flexibility and overall health, creating a body in balance.
PILATES INTRO / I / II	A class done on mats with emphasis on the core of the body. Also develops flexibility as well as strength. Level II is open to members with instructor's approval.
*PILATES FOR CORE STABILITY	Pilates mat class designed for alignment and core stability. This class is suitable for members with osteoporosis, back, shoulder or neck problems. Please inform the instructor prior to class.
*RESTORATIVE YOGA	A gentle, calming and therapeutic type of yoga that promotes the effects of self conscious relaxation. Uses props to support the body and deepen the benefits of the poses.
*STRENGTH YOGA	Strength Yoga or Power Yoga is an American interpretation of Ashtanga Yoga, a discipline that combines stretching, strength training and meditative breathing. This is a sweat producing, muscle building class. recommended for people in good cardiovascular shape and have a good basic knowledge of Yoga poses.
*STRETCH YOGA	Ideal for helping to experience the benefits of increased, flexibility, improved circulation and more energy. Postures are geared to suit a variety of levels.
YOGA	An eclectic blend of yoga styles, including breathing, poses, and relaxation. This class is for the person that has some experience with yoga.

*** For the beginner group exerciser. These classes are simpler and easier than the regular group exercise classes.**