

Group Fitness Class Descriptions

B

Booty Bootcamp

Strengthen, lift, sculpt and tone your backside because maintaining a strong backside has MORE than just an esthetic benefit! Erase glute amnesia (dead butt syndrome) to help reduce ankle, knee and back pain.

C

Cardio Barre

A fusion of Pilates and traditional Ballet with an added cardio element. This class will raise your heart rate, while still strengthening and lengthening all muscle groups to give you a toned dancer body.

Cardio Kickboxing

This high energy interval class combines a powerful mix of punches, kicks, and lower body movements with strength training. Helping to burn calories, build strength, and gain flexibility for an all over awesome workout.

Cardio, Power, & Core!

This interval style class will have you alternating between cardio moves and strength training. Get ready to have some fast and furious fun as we blast away calories and tone up!

Circuit Breaker

This metabolic conditioning class will torch calories and sculpt muscles while breaking a serious sweat! Multiple stations consisting of strength, cardiovascular, and plyometric exercises that will deliver a fast-paced, high-intensity, full-body workout through a continuous circuit. Circuit breaker is all about efficient exercise with minimal rest between stations to keep the heart pumping and muscles working, leading to greater cardio endurance and balanced total body strength. Exercises and equipment will vary with each class, but hard work and FUN are always on!

Cycle -or- Indoor Cycle -or- Spin

A fun, music driven, high energy cycling class. 45 minutes guaranteed to make you sweat! Increase your endurance, improve your stamina and..... have a little fun while riding a bike!

Cycle-n-Barre

This class provides an hour of non-stop total body conditioning starting with 30 minutes cycling and 30 minutes barre. Offering a unique approach to barre class with light weights, bands and BodyBars focusing on activating stabilizing muscles and balance work with elongating, strength-based barre training.

Cyco-Therapy (Cycle)

With your personal “spin-ologist” Andrea! Clear your head and get in the zone. This cycle class has something for everyone. A great mix of strength and endurance from heart pounding jumps to epic climbs. All done to handpicked music that is sure to motivate and inspire! The Dr is in!

F

Fine Toning

Define and tone your muscles in a group setting using a variety of tools & techniques. Come and get out of your comfort zone!

H

H.I.I.T.

High Intensity Interval Training! This high intensity interval training class with use of plyometrics, body weight, core stability & explosive exercises to get heart rate into different zones.

H (continued)

H.I.I.T. Circuit

High Intensity Interval Training circuit class is a total body workout that incorporates all sorts of exercises and equipment ranging from body weight exercises to implementing the use of dumbbells, bands and stability balls, steps... the list goes on! The class is designed to target each muscle group with short

periods of active recovery, keeping the heart rate elevated and keep the body challenged. All fitness levels are welcome to join!

M

MELT w/ MELT instructor Sheila Mills

Using MELT Balls and MELT foam rolling sequences this class helps to restore the Connective Tissue System and Nervous System of our body. Aging, everyday living, illness, surgery, poor posture and repetitive patterns on the job or in a sport, all cause connective tissue dehydration.

Dehydrated tissue not only affects the integrity of our joints, muscles, bones and organs but also reroutes neurological pathways delaying muscle timing eventually leading to compensatory patterns.

I highly recommend this class for those with existing aches, stiffness and chronic pain, also good for anyone that wants to prevent discomfort. For everyone and all fitness levels.

MELT Performance (MELT Neuro-Strength) w/Sheila Mills

This class uses the concept of neuromuscular therapy which will help you reach your fitness goals by improving shoulder, core and pelvic girdle stability.

Improving the stability of your structure allows you to move with greater precision and with less effort improving athletic performance.

If your stability is compromised, corrective exercises will not be effective and may only contribute to strengthening compensatory patterns. For everyone and all fitness levels.

Mobility

This class directed towards using lacrosse balls, foam rollers & body weight dynamic movements to increase range of motion, release stress & tension in the muscles, and better recovery for daily life activities. A very relaxing class & great way to give your body the love it needs

S

Speed and Agility

Explode through your workout with high intensity, performance enhancing fast twitch exercises! Build and enhance speed, quickness, coordination and body control. Improving linear speed is necessary, but agility, (the ability to rapidly

change direction without losing speed or balance) is much more important. The Speed & Agility class works in close and careful conjunction with our Strength & Conditioning program to improve your overall athletic and fitness levels. All fitness levels are welcome as each training session is easily modified to suit a beginner or a professional athlete.

Strength Barre

A fusion of Pilates and traditional Ballet, this class will work your body from head to toe. Strength barre focuses on strengthening and lengthening all muscle groups to give you a toned dancer body.

Strength & Conditioning *Class is held in the S & C Room*

Types of workout you'll experience: Strength & Conditioning

Equipment Used: TRX, Free Weights, Plyo Boxes, Landmines, Medicine Balls, Slam Balls, Olympic Bars, Weighted Plates, Bands, Kettlebells, Sleds, Resistance Bands

T

Tabata

Looking to sweat? Tabata is a fast paced, full body workout that improves your muscular strength and cardiorespiratory fitness. The class format consists of 20 seconds of intense exercise partnered with 10 second rest periods repeated for 6-8 rounds. If you're looking for a challenging but fun class, this is it! But don't worry; there are modifications for every exercise! All fitness levels are welcome!

Top 40 Dance Jams

Using popular songs from the 80's to now this action packed class will raise your heart rate with a combination of jazz and hip hop movements. Come sing and dance along with us and get your sweat on!

T (continued)

Total Body Sculpt

This high energy class weaves the best of strength training, circuit training, cardio bursts, plyometrics, and core training into one total body workout! If you're looking for a class that will target most muscle groups, anterior & posterior, small & large, etc, this is it. You never know what you'll get in Total Body Sculpt which is why your body will never have a chance to plateau. ALL fitness levels are welcome as progressions and modifications are offered.

Tread-Mill-Works *Class is held in Cardio Room*

Treadmill running doesn't have to be boring! Whether you're new to running, or have been running for what feels like forever, Tread-Mill-Works can be customized to your needs! Speed work, intervals, walking, stretching, good form- it's all touched upon in this 45 minute class. No matter your athletic ability, you'll work up a sweat!

Tread and Shred *Class is held in Cardio Room*

Want Cardio (Tread) & Strength Training (Shred)? Here it is!

Treadmill running doesn't have to be boring! Whether you're new to running, or have been running for what feels like forever, Tread and Shred can be customized to your needs! For Tread: Speed work, intervals, hills &/or walking at your own pace. For Shred: bodyweight, resistance band, &/or weight training intervals balance out your upper and lower body. Proper form will be cued throughout. It's all touched upon in this 45 minute class. No matter what your athletic ability is, you'll work up a sweat!

U

Ultimate X-Train

Ultimate X-Train is a cross training class developed to work different muscle groups in a HIIT style setting. Use of dumbbells, bands, benches, etc to help train various muscle groups & burn fat