



GROUP FITNESS CLASS DESCRIPTIONS

TURBULENCE TRAINING: High intensity intervals, cardio “shots”, core focus and muscle isolation to increase metabolism, burn visceral fat, build muscle and get lean. Fast paced, energy filled that can be modified for all levels

CYCLING/Absolution Ride: Indoor bikes will take you up hills, sprinting on a flat road and short bursts through your favorite country sides with this cardio/strength combo for 45 min then ending in 15 minutes of ABS

YOGA VINYASA style: A moderate yoga flow suitable for all levels. Learn to connect breath to movement and to build heat and strength in the body while increasing flexibility and decreasing stress.

YOGA POWER VINYASA: Focuses on connecting breath to movement, cueing to proper alignment, and setting intention for a moving meditation practice that builds internal heat for a detoxifying and relaxing hour of movement. Set to soothing music with a focus on the Yogic principles. Hands on adjusts and assists offered.

YOGA SCULPT: A different approach to yoga by focusing more on strength moves and isometric holds to achieve long, lean muscles. Bring a towel to wipe the sweat off your mat when you are done!

Yoga Hatha: This Hatha class will use bodily postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. The class will work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility

HOTYOGA: This will be an intense class that will help the student gain flexibility, strength, better breath control, help raise their cardio rate and burn calories and detox the body. With a regular practice, the postures used in Hot yoga can help to heal old injuries and prevent them in the future. Be prepared to sweat!

CAMP REPS: Boot camp REPS style. Strength with weights AND bodyweight exercises, with a splash of cardio. Each class will be taught by a different talented, creative instructor!

LUNCH EXPRESS: Lunch Express is a mixture of a cardio and core workout with the assistance of weights in a quick setting to get you in and out of the gym and back to work!

BOXING CAMP: is a boxers fitness routine condensed into one hour. Boxing technique, shadow boxing, footwork, cardio, strength and conditioning, partner work, bag work will be the focus.

Punch, jab, cross, kick along with jumping rope and cardio intervals to increase strength, release stress, and burn body fat until tomorrow! For all levels. *no gloves or wraps required

TRX CHALLENGE: This "challenge" class will be composed of interval training using our TRX suspension straps and other equipment throughout the gym. Gain flexibility, ROM (range of motion) and long muscles creating a lean, tone body to be proud of!

PILATES/Cardio Pilates Mat: In this Cardio Pilates Mat class you'll for sure burn calories and keep your muscles in shape while building your cardiovascular endurance. Cardio Pilates is an invigorating fusion of Pilates exercises with sets of cardio woven in between! This is a great full-body conditioning class that works on both cardiovascular and muscular endurance. This class will rev up your metabolism, you'll feel more energized and most importantly, you'll strengthen your cardiovascular fitness level!

PILATES MAT: This class focuses on strength conditioning, improving deep core strength, endurance and control. Exercises are selected to challenge mobility and stabilization through the core and peripheral muscles while adding flexibility and suppleness to your body. Props are incorporated to add variety and familiarity. In this class we will focus on improving the power and stability of your arms, legs, shoulders, hips, and core or in other words...YOU WILL GET A TOTAL BODY WORKOUT

ZUMBA: a fitness party to work up a sweat while having fun. Dance to different beats including, salsa, merengue and reggaeton. Easy to follow dance moves and fitness variations to get your heart pumping and the party going. Everyone welcome !