



GROUP FITNESS CLASS DESCRIPTIONS

BOXING and CONDITIONING: is a boxer's 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, 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

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

CYCLING: Indoor bikes will take you up hills, sprinting on a flat road and short bursts through your favorite country sides with this cardio class designed to make you sweat it out!

LUNCH EXPRESS: 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!

MELT DOWN!: Full body HITT workout. Two to three rounds of different types of exercises.

PILATES: 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

STRENGTH & CONDITIONING: Athletic conditioning will be a component with speed and agility drills, plyometrics, full body strength exercises and cardio intervals.

STRONG BY ZUMBA: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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!

YOGA VINYASA: 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.

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!

BUTI YOGA: The word "BUTI" is a Marathi Indian term for the cure to something that's been hidden away or kept secret. The movement involved in **Buti** class is designed to help everyone develop body confidence. It is a physically testing dynamic form of exercise designed to target your mental wellbeing as well. **Buti** yoga is a unique practice, known for its cardio-intensive bursts of tribal dance, primal movement, and conditioning. It's designed to offer a calorie-scorching, body-sculpting, and dynamic yoga practice. It will help you fall in love with your workout, break through emotional and physical barriers, and transform your body.