

Fitness Class Descriptions

Classes are appropriate for all fitness levels, unless otherwise noted.

Class Name	Description
BARRE ABOVE®	Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.
BARRE FITNESS	This fusion class consists of Pilates, ballet and strength training. Exercises will focus on the core, bottom and inner thighs to achieve long, lean muscle tone and also give that booty a pop! Class is done in bare feet, socks with grips or ballet shoes.
BEG/CONT YOGA	This class is for those who have begun their exploration of yoga and would like to learn more challenging poses. Class includes a wider range of poses that focus on balance, abdominal/core strength, breathing techniques, lengthening and toning the entire body. As various poses are mastered, student awareness of the body grows, guiding toward a healthy body and a more centered state of consciousness.
BODY SCULPT	High intensity strength training class for the entire body using weights, bands and other fitness equipment. Workouts will focus on high repetitions and light weights to maximize the burn.
BODYPUMP™	The Les Mills original barbell class focused on total body training, choreographed to great music while using light weights and high reps. High "fat burning" weight training.
CARDIO HIIT	This class is about taking your body out of its comfort zone to work harder than normal to burn more calories than a standard workout. If fat burning and increasing muscle tone is your goal, this is the class for you.
CYCLE FUSION	Combine the heart pumping cardio from Cycle with exercises designed to strengthen your abs and low back and you have an exercise experience leaving you ready to conquer the day! This class is designed for all abilities, especially those who need to work on stretching and/or strengthening your core muscles.
CYCLE	There's something for everyone in these classes: Intervals, rolling hills, sprints and climbs all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!
FIT FUN	It's all about variety in this cardio/strength class. Your heart rate will increase with low to medium impact aerobics as you strengthen your muscles with weights, resistance bands and medicine balls. Class ends with an important stretch session.
FITNESS INFERNO	Looking to torch calories or to break out of your workout plateau? Look no further! Fitness Inferno is a high intensity interval training class that combines both cardio with strength/resistance training to burn as many calories as possible! It's a high energy class that will definitely jumpstart both your metabolism and weekend!
FUNCTIONAL CORE	Condition your core for better stability, posture and everyday function. Focusing on low- and no-impact exercises that strengthen shoulders, chest, abdomen, glutes, and back as you learn to control your body's balance and improve your posture.
HIIT CARDIO & CORE	Interval-based full-body strength and cardio training focused on short bursts of intense work. Moderate to high impact exercises focus on aerobic and anaerobic fitness for max results. Finish the class with core-based conditioning focused on abdomen and back strength and stretching.
INTERVAL CYCLE	Interval Cycle is a high intensity interval training (HIIT) session on the spin bikes. HIIT is about mixing high speed/high intensity intervals with moderate recovery periods. This style of workout has been said to be 9 times more effective for fat loss than the average cardio workout.
MEET ME AT THE BAR(RE)	Make it a Happy Hour and Meet us at the Bar! Nothing lifts your spirits higher during a tough workout than turning to a friend and exchanging that "What have we gotten ourselves into?" look. Feed off the energy of the class, feel the music and start your weekend off right. We will introduce new formats as the program progresses, but you can count on BODYPUMP for the first few weeks. Grab your friends or be prepared to meet new ones, this is the new Friday Night Out! :)
NIA	Nia blends dance, martial arts and healing in an aerobic, movement-based class. Classes are conducted barefoot. Appropriate for all fitness levels; no dance or martial arts experience necessary.
PILATES BOOTCAMP	Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body, toning muscles, developing one's stability, improving posture, increasing flexibility and training the mind and body to work together to improve overall fitness. Pilates Bootcamp is a fusion of Pilates exercises and faster-paced movements to achieve these goals.
POWER VINYASA	Improve your flexibility, strength, balance, and mental stillness with this challenging yet accessible yoga class. Explore breathe to movement and learn more about your personal yoga practice.
SOMAYOGA	SomaYoga blends Somatics, a neuromuscular re-education technique developed by Thomas Hanna, with therapeutic yoga and classic yoga asana. Combined, these three modalities help practitioners balance the qualities of mobility, stability, and strength in their own bodies, leading to better biomechanics, improved functional movement, a deeper awareness of the mind-body connection, and a greater sense of well-being.
WERQ® Dance Fitness	WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music. If you're looking to learn new moves, or just love to dance, you'll want to check out this class!
YOGA STRENGTH	This total body vinyasa flow workout will sculpt and strengthen every muscle in your body as you move through poses and engage all muscle groups. Dumbbells will be used to increase intensity and difficulty level for participants looking for a intense yoga class.
ZUMBA®	ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
*Active adult classes (50+):	Punch passes are available in 10, 20 & 35 punch increments. Each visit to one of the classes listed counts as one punch. Punch passes expire 6 months after the date of purchase and is non-transferable and non-refundable. Buy your pass at either of our Registration Sites (RCRC or GRC). CODE: FITNESPP
*BASIC FITNESS	Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed.
*SOME LIKE IT LIGHT	Exercise with hand-held weights to help prevent and reduce osteoporosis. A great choice for cross-training with an emphasis on stretching, toning, strength, flexibility and endurance.
*STRONG & LONG	This class focuses on improving strength and flexibility. Strength exercises include upper and lower body with special attention on the core muscles to improve strength and flexibility.