

Class Name	Description
BARRE ABOVE®	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 XPRESS	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.
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.
BOOTCAMP	Bootcamp class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout.
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.
CORE DE FORCE	Core De Force is a MMA-inspired total-body workout that uses core conditioning combinations, bodyweight moves and cardio spikes to harness the power of your core. You'll burn major calories and carve your waist- no equipment needed!
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!
FOAM ROLLING	A class focused on self-myofascial release to aid in recovery, increased performance and injury prevention. Self-myofascial release is a fancy term for self-massage to release muscle tightness through trigger points in the body.
GENTLE YOGA	This class is appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice. It includes carefully orchestrated movements, controlled pressure, and well-measured stretches, including range of motion exercises.
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.
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. Class is a fusion of Pilates exercises and faster-paced movements.
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.
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!
WORLD DANCE FUSION	This is a fun and energetic dance fitness class that explores dances from all over the world each class! Have you ever tried Bollywood, Salsa, Flamenco, African or Debeke all in one class? Here is your chance to explore world music and experience all kinds of simple dance combinations.
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.
YOGA + MEDITATION	Hatha and Kundalini based yoga revitalize your energy and set you up to end your practice in meditative stillness to create a state of calm and clarity.
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.
*BASIC FITNESS	Build strong bones and muscles while developing cardiovascular endurance and flexibility. Individual modifications provided as needed.
*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.
*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.