

Fitness Class Descriptions

Class	Description
Active Aging Yoga	This yoga class is made safe for people in their later years, focusing on stability and strength through functional movements. It's yoga for strong healthy movement as we age.
Barre-lates	Barre is a fusion of Ballet, Yoga, Pilates and strength training. It is a full body workout but has an emphasises on lower body and core strength.
Body Technique	A full body exercise training utilizing a combination of large ball Pilates, Barre, and Yoga exercises with awareness of weight placement, alignment, energy direction and breathing techniques.
Bolly X	Inspired and driven by the heart-pumping, energetic rhythms of Bollywood. A cross of dynamic choreography with high-intensity interval training (HIIT).
Cardio Core	A total body workout combining strength, resistance training, and core stability work.
Cardio Intervals	Alternating between high-intensity work and low-intensity recovery intervals. Improve your cardio health and have fun with a variety of cardio exercises. All fitness levels welcome!
Cycle & Tone	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment.
Dance Fitness	Fun choreography, great cardio burn, increase your fitness level!
Deep Stretch	Come stretch your body dynamically and passively. For 1 hour, you'll be guided through full body stretches.
Gentle Yoga	Slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises visualizations. Suitable for people of all ages and experience levels.
Get Fit	Get Fit is a fitness class adaptable to challenge all fitness levels that uses a variety of equipment and exercises to move, build, and have fun.
High Low	This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout. Adaptable to all levels of fitness.
LaBlast	LaBlast® Fitness is a partner-free dance fitness workout. It's accessible for all levels – from the absolute beginner to the experienced dancer. LaBlast takes you through a diverse mix of famous ballroom dances set to your favorite music.
Morning Power Yoga	Energizing yoga class blends breath with movement in a dynamic flow designed to build strength, increase flexibility, and awaken your body and mind.
Muscle	Participants use dumbbells and other equipment to strengthen muscles and increase endurance.

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Pop Pilates	POP Pilates® is where strength meets flexibility. Highly-focused movements that leave your body toned and transformed.
Sports Conditioning	Super fun functional cross-training for all fitness levels. Training formats include sports conditioning drills, cardio intervals and circuits, LIIT, HIIT, Tabata as well as bodyweight and equipment strength training.
Stronger	A combination of strength training and pilates that will improve strength, flexibility, and mobility.
Surge Strength	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know & love! Muscle focused, weight training tracks, using dumbbells, strengthen, shape and define every muscle in your body.
Total Body Strength	Traditional strength training with dumbbells and bodyweight exercises. Fitballs, Glide discs, BOSU, Equalizer bars, Medicine balls and Kettlebells are also mixed in to keep it fresh, fun and challenging.
Yoga	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.
Yoga Fusion	Bringing the best of east and west with Hatha Yoga and the practice of Qi Gong and Tai Chi. Emphasizing fluid movements and energy work to promote healthy flow and reduce stagnation of Qi/Chi and Prana (the vital energies of the body).
Zumba	Latin dance inspired by using various styles of Latin Dance. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.
Water Aerobics Class Descriptions	
Arthritis	Designed to be gentle on the joints.
Water Aerobics	Burn fat with this fast-pace workout combining intervals and work with noodles. All fitness level welcome.
Deep Water + Strength	Deep water cardio and core movements combined with specific strength training exercises using suspension belts and noodles. Ideal for general fitness, strength and conditioning, as well as injury rehab and recovery.