

# Fitness Class Descriptions

Class	Description
<b>50/50 - Cycle/Strength</b>	This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Will teach the intervals of cycling and include strength training OFF the bike.No clip-in shoes!
<b>High Low</b>	A throwback to the old school days of Hi Lo Aerobics. High Low classes bring the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.
<b>Stages Cycling</b>	A dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance. Classes require a bike reservation ahead of class time. See instructions on the "Class Schedule" to create an account and reserve a bike for your class time.
<b>Strength Training</b>	A strength training class that focuses on building, strengthening, and toning muscles. Proper form and correct muscle use is taught in each class. A variety of equipment will be used in a variety of training formats. This class will help you shed fat, burn calories, and strengthen your body. Whether you're new to strength training or are a weightlifting pro, all levels are welcome.
<b>Surge Strength</b>	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love! Muscle focused, strength training tracks, using dumbbells, strengthen, shape and tone every muscle in your body for a fun and powerful full body workout that will leave you feeling lean and strong!
<b>UpBeat Barre</b>	UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. UPB rocks popular tunes for an intense and accessible muscular-endurance workout.
<b>UpBeat Pilates</b>	UpBeat Pilates is a high-energy mat class that utilizes traditional Pilates elements and equipment in an UpBeat way. UPP rocks choreographed popular tunes for a core-focused, full body, consistent, and sweaty workout that leaves no muscle behind.
<b>Yoga</b>	Thrive in life by nurturing body, mind, and soul with yoga! Weaving spiritual teachings, pranayama, asana and laughter, the class will have you step off the mat feeling balanced in all aspects of your life.
<b>Yoga - Flow</b>	A continuous flow of yoga poses that increase strength, flexibility and balance while focusing on syncing the breath with movement which will calm the mind and reduce stress.
<b>Yoga - Hatha</b>	Hatha Yoga is a practice involving breath, body, and mind work with an emphasis on Iyengar style (a slower pace of yoga). There is focus on postures and breathing techniques to channel vital energy sources using props and breathwork.
<b>Yoga - Power</b>	Power yoga is a fitness-focused style of yoga that builds strength, flexibility, and stamina. It combines dynamic movements with breath control to energize the body and center the mind.
<b>Yoga - Restorative/Yen</b>	A gentle yoga involving long holds in restful poses to improve stiff muscles and joints and promote relaxation.
<b>ZUMBA</b>	Zumba combines Latin and International music with a fun and effective workout system. Classes move between high and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.