

Fitness Class Descriptions

Class	Description
Barre & Barre-lates	A low-impact, full-body workout blending ballet, yoga, and Pilates, focusing on small, isometric movements (pulses, holds) with high reps to build lean muscle, strength, and flexibility.
Body Technique	Full body training using 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 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 cardio & strength using cycling & weights, circuits, and core.
Dance Fitness	Choreographed, heart-healthy, fun, dance workout. Plus —10 min of stability and core exercises.
Deep Stretch	Come stretch your body dynamically and passively as you're guided through full body stretches.
Foam Roll	Using foam rollers for self-myofascial release, helping to relieve muscle tension and improve mobility.
Get Fit	Cardio and strength using a variety of equipment and exercises to move, build, and have fun.
High Low	Fun, set choreography to create an effective steady-state cardio workout.
LaBlast	Takes you through a diverse mix of partner free, ballroom dances set to your favorite music.
Pop Pilates	Strength meets flexibility. Highly-focused movements that leave your body toned and transformed.
Surge Strength	High-rep, targeted, ALL weight training workout! Muscle focused, weight training tracks, using dumbbells, strengthen, shape and define every muscle in your body.
Surge Fit	This format that fuses the endorphin high of cardio moves with the body sculpting results of weight training in a simple but fun format that would appeal to everyone.
Stronger	Traditional strength training with dumbbells and bodyweight exercises. All kinds of equipment, mixed in to keep it fresh, fun and challenging.
TRX Circuit	Use your body weight and gravity with TRX suspension trainers to develop strength, balance, flexibility, and core stability.
Werq Like a Boss	Combines dance for cardio followed by strength and mobility work! Check it all off like a boss!
Yoga	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga —slow and passive practice. Fusion —slow and fluid movements. Gentle Rise —slow flow. Active Aging —functional movement for strength and stability.
Zumba	A fun and energetic dance fitness class that combines Latin and international music with easy-to-follow dance moves.
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.