**AMRAP**
AMRAP is defined as an abbreviation that means "as many reps as possible." This class involves 25 minutes of circuit exercises, as many times as possible within a specific period of time, and 25 minutes of weightlifting. Class includes warm-up and cool down period.

**Barre Above®**
Barre Above is a 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 fun and dynamic, and will sculpt your body.

**Barre Intensity®**
Barre Intensity® combines attributes of Pilates, dance, and functional fitness training. This class incorporates small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout.

**Butts & Guts**
Come experience a workout designed to shape and tone up your lower body and mid-section. Instructor will incorporate a variety of exercises using a variety of equipment.

**Cycle Core**
A 40-minute ride followed by a 15-minute ab workout, where you will be challenged both on and off the bike. Enjoy a trip consisting of steep hills, flat roads, and intervals as your muscles tone and the heart pumps to incredible music and instruction.

**CycleFit**
Set to pulsating music, cycling classes are led by an instructor who coaches students through cycling adventures up steep hills, over flat roads and flying downhill. Participants manage the tension on their bikes to accommodate individual fitness levels.

**Full Body Strength**
A class targeting all muscles of the body with the goal of increasing overall lean muscle mass. Instructors will utilize all types of equipment to isolate and stress different muscles throughout a mixture of techniques. The dynamic movements performed in this class will challenge the individual and target improved body composition.

**INSANITY®**
Insanity keeps you constantly challenged as you alternate between strength, power, resistance, and core training intervals performed at your personal max. Just bring yourself and the determination to dig deeper and push harder.

**Interval Training**
This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The purpose is to keep the heart rate elevated near the aerobic level without dropping off to ensure fast, dramatic fitness results.

**Kettlebell Strength**
This 45-minute dynamic class will focus on the use of kettlebell weights while incorporating a full body strength workout. Instructors will teach technique of proper movements to ensure efficient training.

**Power Yoga**
Power yoga is an active and fast paced athletic practice. Each pose is held for 3 to 5 breaths. This practice places emphasis on strength building and endurance while still maintaining the mindfulness and stress relief that yoga has to offer.

**R.I.P.P.E.D.®**
R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. This class follows its acronym and changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout, thus the tagline – One Stop Body Shock. The ‘Body Shock’ doesn’t stop there, the R.I.P.P.E.D. workout is continually evolving through seasons.

**Turbo Kick® LIVE**
Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. Have a blast getting into shape, learning hard-hitting combos, and fun dance moves.

**Yoga**
Increase strength, balance and flexibility while reducing stress and relaxing the mind with a flow of movement through all parts of the body.

**Yoga Core**
A combination of vinyasa yoga with Pilates to promote core strength and flexibility while promoting stress release and relaxation.

**Yoga Meditation**
Meditation in motion incorporating movement, breath work as well as seated meditation to flow your way into bliss.

**Zumba®**
Party while burning calories! Dance to upbeat world rhythms while following fun choreography for a great total body workout.