

Fitness Class Descriptions

Butts & Guts

Come experience a workout designed to shape and tone up your lower body and mid-section.

Cardio Sculpt

You'll work the major muscle groups of your upper body and lower body during this total body workout—plus enjoy abdominal work, and stabilize and strengthen the core muscle group. The instructor will lead the class in a variety of exercises using resistance equipment, body weight, stability balls, free weights and more to keep participants engaged and challenged while conditioning the body. For all levels.

Crazed Core

30 minutes of intense training that combines abdominal and lower back strengthening exercises designed to improve core strength, balance, posture and alignment.

CycleFit

CycleFit is an indoor cycling class that packs an intense cardiovascular workout. 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.

Endurance Cycle

Endurance cycle is the class for individuals targeting cardiovascular fitness. Both steady state riding and interval duration will increase in order to improve aerobic performance and the ability to maintain power. This class is a must for individuals targeting muscular endurance and cardiovascular health.

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.

H.I.I.T – High Intensity Interval Training

Looking to burn fat and build muscle?! H.I.I.T is an enhanced form of interval training focused on increasing power with multiple burst of intense anaerobic exercise, followed by brief bouts of recovery.

Kick & Tone

Cardio kickboxing that builds muscular strength and endurance while burning ultimate calories

Power Cycle

This class brings race day cycling to you! Participants will replicate sprinting for the finish line, breaking away from the peloton, time trialing abilities and both seated and standing climbs. Led by a USAC certified coach, performance will be measured by RPE and watts. Class open to all fitness levels.

Sculpt & Tone

Strengthen and sculpt your entire body using body weight, body bars, dumbbells, resistance bands and stability balls.

Step & Sculpt

Build cardiovascular endurance and muscular strength through fun step combinations and a variety of resistance and training exercises.

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, breathe 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.