

# CLASS DESCRIPTIONS



## **Cardio Intensity**

Changing from week to week, you will constantly be challenged and never bored with the variety of formats in this fun and energizing class. You choose the level of intensity to work at with this choreographed and athletic style workout.

## **Cycle Beats**

Lose yourself to the beat in this challenging, music-driven class. All tracks are designed to help you burn calories, sweat and have fun all at the same time!

## **CyclePaths**

A 45-minute ride where you will be challenged both mentally and physically. Burning calories and building endurance and strength. Start pedaling and let go as muscles tone and the heart pumps to incredible music and instruction.

## **Drills & Hills**

Maximizing your intensity and power output, this class will help you improve your speed and endurance by providing drill-based instructions that will leave you feeling exhausted but accomplished at the same time.

## **Fit Basics**

This class uses cardio, core & strength exercises to work the entire body. There are many modifications to this program to allow all levels of fitness to participate. If you are new to group classes or recovering from an injury, try this class out and work at the level that best suits you!

## **Fit Express**

Get in that early morning workout for the total body. This 45-minute class will use a variety of equipment in this strength and cardio combined group class.

## **Fit Forever**

Focusing on range of motion, flexibility and balance, this class helps to enhance muscular endurance, functional strength and flexibility. A well-rounded workout suitable for participants of all ages and fitness levels.

## **Fitquest**

Train like the pros! Owner of Fitquest and NHL Head Strength and Conditioning Coach, Chris Schwarz, has developed a program usually reserved for his professional clients. Class focuses on strength, stability, power, athleticism and conditioning.

## **Intervals**

This is the science of circuit training at its finest. The full body combination of functional movements mixed in with fundamental strength and balance will be sure to fire up the metabolism and leave you feeling strong and powerful. Constant coaching and motivation from the trainer will keep you consistent with form as well as pushing yourself to reach new goals that you didn't know you were striving for. Increase flexibility at the end with a gentle stretch.

## **Karma Yoga**

Join us on the first Saturday of every month for a give back community yoga class. Everyone is invited, bring a friend! The price of admission is a toiletry item that can be collected and donated to the Food Bank, examples are tooth brushes, tooth paste, deodorant, soap, feminine hygiene products, hair brush, comb, and shampoo or hair elastics.

## **Power Hour**

This group circuit style class incorporates a wide variety of activities focused on strength, agility and conditioning. You will use battle ropes, kettle bells, sandbags, slam balls, the "tank" sled, box jumps and much more in a fun class for all levels.

## **Step**

Step to the beat of high energy music gives you an excellent total body workout good for burning fat, building muscle and improving your fitness. Step aerobics will also help you improve your balance, agility and coordination.

## **Stretch & Strength**

A full body strength conditioning class utilizing your own body weight as the resistance. This class will target every muscle group while maintaining proper posture and technique and will include a total body stretch.

## **Tabata**

Tabata is a type of interval workout. Any exercise can be incorporated into this routine - strength, balance, flexibility, core and cardio. Each participant will make this workout as intense as they wish to meet their own goals. Modifications allow for all levels of fitness to participate.

## **Vicious Cycle**

For those participants looking for an enhanced challenge on the bike, this ride is for you! Each class promises to be different as you experience all types of training drills (intervals, jumps??, runs, sprints and climbs) to heart pumping rhythms.

## **Weekend Detox**

Have your cake and eat it too! Burn off the weekend's indulgences and raise your energy with this powerful ride where you can expect intoxicating hills and to get you into the optimal state for your week!

## **Yoga Flow**

Experience the benefits of stretching and strengthening through a series of poses that encourage a connection with mind, body and breath. This class will improve your flexibility, strengthen your core, and give you a greater sense of balance.

## **Yoga Stretch**

End your week of training with this deep stretching class, which is set in a slow-paced environment and incorporates breath work, movement, gentle strengthening and longer holds to improve flexibility and mobility.

## **Zumba®**

This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for a calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Come out and boost your energy with this total workout that combines all elements of fitness; cardio, muscle conditioning, balance and flexibility.