

## CLASS DESCRIPTIONS



### **Abs +**

This class will work your abs, lower and upper body. After the warm up, all the exercises will be done on the floor and focus on strength and stability. Every level of fitness is welcome.

### **Athletic Stretch**

If you know you need to stretch more but feel yoga isn't quite your thing this is definitely the class for you! Simple, athletic based stretches will elongate tight muscles and tight muscles increase the risk for injury. Treat your body to the benefits of stretch minus the mind/body feel.

### **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** (*Indoor Cycling*)

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** (*Indoor Cycling*)

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

### **Drills & Hills** (*Indoor Cycling*)

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.

### **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.

### **Kettlebells**

Our 1-hour Kettlebell class will push your endurance while building power and flexibility. With power, ballistic, and endurance movements, kettlebells give you a full body workout. The scalable nature of kettlebells makes this class appropriate for **ALL LEVELS OF FITNESS**.

### **Kickboxing**

Whether you are new to kickboxing or experienced, this martial arts based high energy class will make you sweat. This class incorporates boxing, kicks, strength and core exercises, drills/partner drills and circuits. You will leave the class feeling energized and empowered!

### **Mix & Madness**

A power-packed circuit class using all kinds of cardio and resistance training in an interval style. Suitable for all levels and no workout is ever the same. Guaranteed to be boredom-proof!

### **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.

### **Power Step**

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.

### **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.

### **The Works**

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.

### **Vicious Cycle** (*Indoor Cycling*)

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** (*Indoor Cycling*)

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.