**Fitness Class Descriptions**

**Cycling** - Come join this high energy indoor cycling ride which offers various profiles including strength, endurance, sprints, interval sets, and more. This exhilarating cardiovascular workout is designed for all fitness levels.

**Row and Roll** - A unique fusion of Indoor Rowing and Foam Rolling. Row for 30 minutes and finish class with myofascial release using a foam roller. Get your cardio with rowing and improve your range of motion and releases muscle tension with the roller.

**Zumba** - Zumba will have you moving, shaking, and burning calories in no time! This class utilizes hypnotic latin, and hip-hop rhythms with incorporated aerobic elements. You'll love every minute of this cardio dance party. Are you ready to hit the dance floor?!

**BODYPUMP** - the original LES MILLS barbell class, is choreographed and will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. During a single workout, you will perform 70-100 repetitions per body part totaling up to 800 repetitions! BODYPUMP is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

**Mat Pilates** - Pilates is a great class for those looking to improve strength, balance, control, and flexibility. The focus will be on the various movements of Pilates, with each class centered on developing core strength, in a non-impact and gentle setting. As the class progresses, the number of repetitions, difficulty and complexity of the movements and sequences will gradually increase. All levels welcome.

**Barre Blast** - Barre Blast offers intense body sculpting while integrating pilates, dance, and strength training to re-shape the entire body. This non-impact class targets all muscle groups and tones your body! Come have a Blast with Barre!

**Forever Fit** - Activate your life in only one hour. This group work-out is structured for the older active adult, and will accommodate all fitness levels. The work-outs will be low-impact and will incorporate all elements of fitness to include cardio, strength, balance, and flexibility in a supportive group environment.

**Meditation** - helps you become aware of your body, and the feelings you have in the present moment and also helps to relax your body and free your mind from everyday stressors as well as release tension built up in your body.
Yoga Inc. - focuses on integrating props such as stability balls, med balls, weights, bands, blocks, etc. Using equipment will give your body an extra challenge. Push yourself to the next level in Yoga Inc. All levels welcome.

Cycle Express - is a 30 minute express cycling class that includes strength, endurance, sprints, interval sets, and more to challenge the rider. A great ride in a short amount of time.

Vinyasa Flow - offers a unique sequential yoga class that fuses breath with posture. Ultimately weaving the poses together into a final chained sequence. Always different from week to week and always one breath - one movement. All levels welcome.

Yin yoga - is a slow-paced style of yoga with postures that are held for longer periods of time.

Express Row - Enjoy a 30 minute express row class! A great cardio and total body experience using the water rower which provides natural water resistance to offer a smooth ride!

Breathe and Flow - Clear your mind, get centered and bring a deeper awareness into your breath and movements. Learn specific tools to access all the benefits of yoga: increased flexibility and strength, breath efficiency and stress relief. This class focuses on skillful alignment, whole body health, and quality rather than quantity. Ideal for students who want to increase strength and flexibility in order to experience deeper flow.

Slow Flow Yoga - This class is similar to Yoga Flow, just with slower, mindful movements. Using simple poses and easy flows, this class is a great class for beginners or those wanting to take a step back.

Sit and Get Fit - Group chair exercise is a great class to help one maintain a regular exercise program improving physical fitness and mental health. This class will focus on building stamina, strength, functional capability balance and increased satisfaction in life.