**CLASS DESCRIPTIONS**

**BOOTCAMP:** This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.

**FUNCTIONAL FOUNDATIONS:** Create a strong base of functional exercises and olympic style lifting through safe and effective techniques. Then, build up your strength through team-building workouts!

**KETTLEBELLS:** A circuit style strength class that incorporates kettlebell focused cardio, core, and resistance exercises. Exercises are adaptable for all participants.

**POWER CIRCUIT:** A fun and explosive 45-minute class that incorporates full-body, strength and power exercises.

**RUN WAVE:** A class for everyone who runs, wants to, or is skeptical that running is fun. We do warm ups, workouts, and cooldowns that can help add miles, build speed, improve running comfort and confidence. Get ready for a 5K or your next Ultra. For all abilities, mostly outside! Come join the club! *Rain location is indoor track.

**STEP XTRAVAGANZA:** Want to feel like you’ve climbed a mountain, danced your heart out, and gotten a workout in? StepXtravaganza uses height-adjustable aerobic steps combined with upbeat music and high-energy moves for a fantastic cardio workout. All levels welcome!

**BARRE:** Fire up your muscles in this ballet-inspired class! Barre blends elements of Pilates, dance, yoga, and functional training and combines large, energizing movements with small, precise pulses to create a low-impact, high-intensity workout.

**CYCLE:** While our bikes have cages for your athletic shoes, our pedals are also compatible with SPD and Look Delta cleats. Cycle classes have a maximum of 16 riders. Arrive early to secure your spot.

**CYCLE 30, 45 & 60:** Elevate your heart rate and explore an expanded terrain using resistance, cadence, and power as your guide in 30, 45 or 60 minute rides.

**LATIN HITS:** Energize your week with a 45-minute ride powered by Latin music!

**RAVE RIDE:** Pedal into the weekend with pop hits keeping the beat. Enjoy choreography that will invigorate and challenge.

**CARDIO DANCE PARTY:** An aerobics class designed to make you sweat while dancing to hits on the radio. This class explores many styles of dance, rhythms, and music, making sure people get a well-rounded and fun experience. Class is meant for all levels.

**SAMBARIZE:** Learn the national dance of Brazil (Samba), where they have the largest Carnival in the world! Samba is an infectious, high-energy dance with lots of foot, leg, and hip work done to the pulsating sounds of the drum. The movements address all levels of fitness: cardio, muscle conditioning, balance, flexibility and coordination ….. all while having fun!

**VXN (VIXEN WORKOUT):** A cardio dance class inspired by the stage. With the lights off and colorful lighting on, the class will complete intense muscle toning movements hidden by clever choreography set to hip-hop and other popular songs.

**ZUMBA®:** Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

**YOGA:** These classes focus on creating a mind and body connection through intentional movement and breathwork. Practicing yoga can promote relaxation, increase flexibility and balance, and improve core strength and stability. Classes below are listed in order of light intensity to higher intensity.

- **Restorative:** Gentle poses propped up by blankets and blocks are held for extended periods of time to create a sense of calm and relaxation.
- **Yoga and Guided Meditation:** Rejuvenate your body and mind through a slow flow followed by guided breathing exercises and reflection.
- **Flow and Restore:** Offers a balance of vinyasa flow to warm the body followed by restorative stretches to cool down.
- **Sunrise Flow:** Vinyasa flow sequences with your morning in mind.
- **Vinyasa Flow:** Connect your mind and body by linking breath to pose as you transition through sequences.
- **Power Hour (Power Vinyasa):** A vigorous asana practice that focuses on strength and flexibility.

**MAT PILATES:** This all-levels class may utilize equipment like rings, blocks, and rollers in addition to your own body. Mat work exercises are the fundamental exercises of Pilates and will improve core strength, flexibility, balance, and posture.

**BODYPUMP™:** The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements.

**CORE 30:** Focus on strengthening abdominal, chest, and back muscles to support a healthy posture, increase stability and promote balance. Take this 30-minute class on its own or pair it with Zumba or Cycle for a longer workout.