



CLASS DESCRIPTIONS

A.O.A. – Cardio Challenge: Low impact & easy to follow class designed for ages 50 and up.

CARDIO STRENGTH: full body cardio-strength workout with intervals for maximum muscle confusion using weights, cardio, core & body weight exercises.

CYCLING: Ride, climb, and sprint while enjoying inspiring music.

CARDIO & WEIGHTS: Kickbox & Sport Drill Cardio, total body strength & core

FLEXIBLE FLOW: (Yoga) 20 minutes of static stretching; 30 minutes of movement focusing on balance and strength; 10 minutes of meditation/restoration.

PILATES MIX: This high-energy class blends the best of Pilates, boxing and dance into a interval workout that will burn max calories and increase stamina.

PILATES/YOGA MIX: The best of two worlds in one class: improve balance, energy and focus while stretching and strengthening your whole body.

RAISE THE BARRE: Unique, high energy, low-impact training, combining ballet-inspired movement with light resistance to sculpt and tone, creating long, lean muscles.

SB-Lastic Body: This stretch class is for members of all ages, levels and body types who share a passion for feeling good in their bodies. Whether you are healing from an injury, conditioning for a sport, or just seeking greater flexibility, all are welcome.

STRENGTH-BATA: High Intensity Interval Training (HIIT) class, alternating strength exercises with intense cardio drills, using a variety of equipment.

STRENGTH CONDITIONING: Build strength, get lean-toned muscles with this weight-focused class; works all your major muscles plus core with stretches.

STRONG FLOW: (Yoga) Active and flowing breath synchronized movement to bring heat into the muscles and raise the heart rate.

SUNSET YOGA: Join us outdoors to experience the synergy of mind, body, and breath with flowing movement to help you release the tensions of the day

TABATA: 20 seconds Max intensity – 10 seconds rest

YOGA: Vinyasa flow fires up your metabolism. Burn calories, tone and lengthen your muscles.

Classes listed below are small group Personal Training classes, offered for a fee that ranges from \$5 to \$15. They appear highlighted on the group exercise schedule.

A.O.W: 30 minute Adults on weights; class designed for ages 50 and up using machines and free weights

Virtual Fitness Classes

Beginner Shred III: Get started with the Shred Series with this beginner's video teaching the moves while burning calories.

Calorie Explosion: From The FIRM, customized hardcore workouts that will blast fat as you burn calories.

Metabolic Conditioning: This workout conditions the metabolism with 3 strength/cardio circuits that has each circuit progressively tougher than the last.

Yoga for Kids: Mindfulness and movement for kids, with a theme of interest to children. In this case, we join a team of Paleontologists to hunt for fossils.

Boot 19 Workout I: A fusion of cardio, strength, balance and flexibility, featuring exercises that work the entire body.

Mat Pilates: Engage the mind, condition the body; strength and flexibility training to improve posture; reduce stress; build long lean muscles.

War Vol 5: A fusion of martial arts and chart-topping music. Learn to punch effectively, kick safely, and perform hooks and uppercuts like the pros.

Cardio Pilates: instructor Mari Winsor gives you a high-energy class with power and non-stop motion. Kick, squat, and lunge your way to a lean Pilates body.

War Vol 19: A fusion of martial arts meets chart-topping music. Learn to punch effectively, kick safely, and perform hooks and uppercuts like the pros.

Yoga Release: This is the perfect sequence to wind down after a long day.

Black Fire: In this workout, you'll progress through 4 moves, 8 rounds each for 20 seconds on and 10 seconds rest.

Revolution Vol 8: Revolution is a cycling program tailor-made for anyone who can ride a bike. Ride over hills, sprint in the flats and do interval training.

Athletic Yoga: Combines standing poses with traditional Vinyasa flow, thereby building concentration and focus while developing balance and stability.

Boot Vol 4: This workout is a fusion of cardio, strength, balance and flexibility, featuring exercises that work the entire body.

Fitness Dance: Fun dance routines inspired by Latin flare, mambo and Cha Chas. The focus is on having fun while burning those unwanted calories.

Extreme Shred II: Total body workout designed to help you drop pounds and get toned fast!