**CLASS DESCRIPTIONS**

**CYCLE**

Cycle 45 Motivating music will help you tackle rolling hills, sprints, jumps and intervals on our stationary bikes. This cycling class pushes you to your limits to help accomplish your fitness goals. Max capacity: 25

Sport Cycle Looking to improve your cycling performance or to cross-train for power, speed and/or endurance for sprinting or distance running, jumping, and skating? Sport cycling, taught by a licensed USA Cycling Coach uses the best that indoor road cycling training has to offer to help you find or refine the athlete within. Max capacity: 25

**STUDIO**

Barre This class combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Whether you’re looking to build strength, create muscle definition or increase flexibility, Barre fitness is a fast, effective way to change your body.

Candlelight Yoga Flow in the gentle glow of candlelight. This all-levels class is designed to help you relax, melt away tension, decrease feelings of stress and increase a sense of peacefulness.

Foam Rolling Muscle warm-up and recovery are just as important as your main workout. Join this 20-minute class where you will be led through various foam rolling, mobility and stretching techniques to help release muscle tension, lengthen muscle fascia and improve joint flexibility. Limited foam rollers available

Hard-Core A strong core helps prevent injuries and back pain, correct posture, improve stability, and much more. Come only for the 20 minute core focused HIIT workout, or complement your current routine with Hard-Core.

HIIT (High Intensity Interval Training) is a total body, heart pumping workout that combines resistance training with pushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout!

Kinesis Circuit This class is a low-impact, resistance focused, functional workout. Kinesis equipment is used for functional resistance exercises throughout the always changing circuit. Max capacity: 12

Mixed Martial Arts In this class, you will learn key punches, kicks, knee and elbow strikes, footwork and movement from Olympic-style boxing (American & Muay Thai). No experience necessary! Great for cross-training for speed, agility and endurance, and more than a little fun!

OULA.ONE Connecting movement and breath, dance and yoga, Oula One nourishes your body, mind and soul in the 70 minute, low impact class. A playlist will be used for 4 consecutive weeks, helping you become comfortable and confident enough to add personal expression and modifications into the choreography.

POWER Wake up with supersets, circuits, speed, resistance and compound movements. POWER will have you using ropes, weights, bands, kettlebells, TRX, body weight and more to maximize the potential of your full body workout.

Power Yoga A Vinyasa practice, which includes creating internal heat and increasing stamina, strength, and flexibility, while reducing stress.

Sunrise Yoga Join us for our Sunrise Yoga classes to awaken your senses and begin your day with an invigorating and energizing 50 minute class. A flowing series of dynamic postures designed to physically and mentally awaken your body and mind will give you a powerful start to your day.

Transform™ Transform LIVE is based on Shaun T’s newest fitness program, Transform: 20™. Using a step to ramp up your caloric burn, this 30-minute, music driven, high intensity cardio-conditioning class will have you feeling accomplished and ready to take on your day.

Turbo Kick™ Have a blast in this action-filled cardio kickboxing. Beachbody LIVE class! Turbo Kick will lead you through fierce kickboxing combos and fat-scoring strength and cardio moves that will leave you feeling unstoppable!

Vinyasa Yoga Vinyasa is a breath-inspired practice that connects every action of our life with the intention of moving towards what is most important to us. This flow provides cardiovascular and strength components while offering a strong mind-body connection.

XA Beat™ This dance-fitness class uses popular American music to provide high-intensity cardio and toning in a party-like atmosphere. Routines are easy to follow so you can concentrate on getting a great workout; perfect for all fitness levels.

Yoga Flow In this balanced practice students will begin by engaging in breath work, sun salutations, and standing poses. The practice will end with floor stretches and a relaxing savasana. The focus of class is for each participant to find their unique edge whether that be physical, emotional, or otherwise. All-levels welcome.

Yoga Sculpt Combine traditional yoga poses with hand weights and short bursts of cardio work to create a transformational workout designed to sculpt, lengthen and challenge every muscle.

Zumba™ This class uses upbeat music and easy-to-follow moves to create a one-of-a-kind fitness program that will get you moving! Get a great workout while having fun in 50 minutes of calorie burning, energizing and toning moves.

**AQUATICS**

Aqua Fitness This invigorating class is held in the leisure pool and works to improve your cardio conditioning, muscular strength and endurance. You’ll use the buoyancy and resistance of the water, providing a safe, effective and fun workout.

Swim Strong This class offers a great lap swim workout for participants to improve their fitness level, technique and stroke. An on-deck coach provides instruction and motivation for each class and varying workouts for all skill levels. Goggles recommended. Max Capacity: 12

BOGAFIT Head to the pool for this yoga and HIIT based class that uses a BogaFITMAT as the surface for your workout. BOGAFIT focuses on core muscle groups and improving balance and coordination. While this class will challenge even the most fit individuals, it was designed for universal scalability, making it the perfect fitness program for all levels, regardless of experience. Max capacity: 12