

GROUPFIT 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

STUDIO

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.

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 rushes of cardio. Increase your endurance, tone your muscles and leave with a boosted metabolism, which may last for hours after your workout!

Modified Ashtanga Yoga This class builds internal heat, strength and flexibility all while maintaining a strong focus on the meditative quality of the breath. This is an Ashtanga inspired, strong flowing practice in which you will learn to sync postures, breathing and movement through consistent practice.

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.

Restorative Yoga Slow down your mind with Restorative Yoga. During this 45 min. yoga class you will be guided through stillness, breath work and gentle movement. For deeper relaxation, props may be used to hold poses longer. This class is for students of all-levels, including beginners.

SPEED Get your body moving and conditioned in this 45 minute cardio blast. Using a combination of sprints, intervals, agility and foot work this class provides a great heart rate boosting workout that also provides focus on balance and core stability. Get ready to sweat!

Strength 45 This is a 45 minute class focusing on full body strength using barbells, bands, dumbbells, etc. This class will help push you and make you feel stronger at the end of your workout no matter what level you are at with your fitness! Expect to complete multiple rounds of various exercises such as squats, push-ups, lunges, rows, etc.

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.

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-scorching strength and cardio moves that will leave you feeling unstoppable!

Vin/Yin Yoga In 'Vin' we work to strengthen and lengthen the muscles by combining movement and breath in a flowing sequence. In 'Yin', we deeply stretch the connective tissue creating more energy and a greater range of motion in the body. Feel free to bring a sweater or small blanket for your 'Yin' practice!

Vinyasa Yoga Vinyasa is a breath-initiated 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.

Yoga Workshops Want to learn more about yoga? Deepen your yoga practice with Allison's weekly 60 minute yoga workshop. Immerse yourself in style, technique, and approach. This class is for students of all-levels, including beginners

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.

AQUATIC

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.

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: 11

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