**CLASS DESCRIPTIONS**

**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.

**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!

**Yoga** This class will be a more beginner focused yoga class. Using the basic principles of yoga, this 45 minute class will take you through a gentle yoga flow using breath, alignment and core work to get you to your final pose in class, savasana.

**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.

**XaBeat** 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.

**Zumba™** This class fuses hypnotic latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will keep you moving. No dance experience necessary.

---

**All classes are free for members - All levels welcome!**

---

*Schedule is subject to change*