### Class Descriptions

**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.

**XaBeat™**: XaBeat is a dance-fitness class that uses hit music to provide high-intensity cardio and toning in a party-like atmosphere. The routines are fast-paced, but easy-to-follow, so you can concentrate on getting a great workout. No dance experience necessary—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.

**Total Body Strength**: Work all muscle groups with a variety of strengthening and conditioning exercises. These athletic-based sculpting classes tone upper and lower body, while improving your cardiovascular endurance.

**Zumba Strong**: Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more

**HIIT**: HIIT is a high intensity, interval workout that combines full-body 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.

**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.

**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.

All classes are free for members - All levels welcome!  
*Schedule is subject to change