

# Group Fit Class Descriptions

**AquaFit**: Come and exercise in the water to decrease stress on your joints and increase the workload on your muscles while you condition your heart and improve your overall health.

**Barre**: A group class that offers intense, but low impact, movements to tone as you build strength and confidence.

**Bootcamp**: Join us for a fun class that will challenge you in new ways. Tabata, EMOMs, AMRAPs, partner work, group games, etc... Be prepared to sweat and leave feeling successful.

**CoreFit**: A workout focusing on strengthening the core and surrounding muscle groups. A strong core helps you lift heavier while reducing back pain and improving balance.

**CycleFit**: A high energy, low impact cycling class appropriate for all levels. Build strength, stamina, cardiovascular fitness, and overall well-being.

**ExtremeFit**: A challenging class to improve strength and function. Using dumbbells, barbells, and bodyweight, each unique class will get your heart pumping and your muscles working.

**FunctionalFit**: A total body, light weight, muscle toning, and balance training workout that will take you from your workout to more efficient and functional movement in everyday life.

**GetFit**: A workout that uses resistance to build muscle strength, burn fat, and improve overall fitness. Participants will use dumbbells, barbells and their own bodyweight to perform exercises that target major muscle groups. This class is geared towards all levels

**HIITFit**: This cardio conditioning class incorporates intervals and plyometrics with resistance training to elevate your heart rate. This well-rounded class improves circulation and cardiovascular health while burning calories.

**LifeFit**: This class aims to get you ready for anything life has to throw your way. Expect a full hour of working out in a fun and engaging way. In this class we will train: Balance, Strength, Core, Mobility, and Conditioning.

**WholeFit**: A full body strength class for all levels. Be prepared to be pushed each session through basic lifts, accessory work, core conditioning and strength challenges. Intensity level can be varied through weights and exercise modifications.

**Yoga**: A flow-based class that ties breath to movement. Focus is on strengthening, lengthening, and stretching through a series of postures.

**Zumba/Zumba Toning**: Back by popular demand! Zumba is a fun, effective dance workout. No special skills needed, just come and enjoy your workout to upbeat music in an energetic environment Then kick it up a notch with a dance workout with a little added resistance. Lightweight maraca-like Toning Sticks enhance your sense of rhythm, while toning target zones, including arms, core, and lower body. Burn calories and sculpt your body while having fun!

