

exhale

Lower Floor

BARRE

Delivering a full body workout that incorporates Pilates, ballet, and stretching to create long lean muscles. Low impact movements with high repetitions to fatigue muscles, paired with upbeat music. Have fun while toning and sculpting.

BALLE ft

An innovative class designed to condition body & mind. At the heart of the class is the artistry & athleticism of Ballet movements creatively balanced and blended with principles drawn from Pilates. There are no dance combinations to memorize so anyone can enjoy the class, a mixture of Ballet Barre and floor work.

FLOW FOUNDATIONS

Teaching the basics of yoga poses and breathing techniques. The class is moderately paced to cultivate strength, flexibility, and balance within a gentle, continuous sequence of postures. Foundations is designed for beginning and intermediate students eager to deepen your understanding and experience of yoga.

FLOW YOGA

A continuous sequence of poses that 'flow' from one to another with an inhale or exhale resulting in a fluid, lyrical class.

GENTLE YOGA

A very soothing approach to classical hatha yoga postures and stretches. Gentle warm-up and stretching, and some restorative work, help you move mindfully and easefully into poses. This is a gentler, slower paced practice for people of all sizes, ages and fitness levels.

KUNDALINI YOGA* (90 min)

Blending the breathing discipline with the physicality of Hatha Yoga. This class has a strong emphasis on the spiritual nature of yoga by incorporating chants and meditation. Kundalini yoga is an ancient tool for promoting physical well-being, expanding consciousness and tapping into creativity.

PILATES MAT

Offering mind-body conditioning techniques that focus on trunk stability and coordinated breathing through a series of exercises evolved from the principles of Joseph H. Pilates. Pilates develops a longer, leaner, stronger and more graceful body by improving muscular symmetry, alignment, posture, core-strength and flexibility.

POWER YOGA

A dynamic, energetic form of yoga, linking postures through breath and movement to increase strength, flexibility and endurance. This all levels class is designed to connect your mind and body through physical challenge, leaving you balanced and restored.

SUNRISE YOGA

give a gentle start to the morning through classic yoga movements that will support the body to continue the day with energy and relaxation.

VINIYOGA

is taught in the style of Hatha yoga adapting yoga practice to suit individuals. Movement is connected with the breath and in this class, props are used to release the "tension in the tissues," helping you feel better and improve function.

VINYASA YOGA

Like hatha, vinyasa yoga is a generally describes many different styles of yoga. It essentially means movement synchronized with breath and is a vigorous style based on a rapid flow through sun salutations.

YOGA SCULPT

Traditional yoga poses infused with the use of light dumbbells for added strength building and full body toning.

energize

Main Floor

ATHLETIC INTERVALS

Intervals of bodyweight exercises, free weights, balance and core is mixed with fast-paced combinations of resistance training and cardio endurance work all intertwined with playful athletic training to raise the heart rate.

LES MILLS BODYPUMP

Using barbells and adjustable weights tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. BODYPUMP® is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and wellness benefits.

LES MILLS BODYCOMBAT

This is a high energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness, no experience needed. Learn moves like Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress and leave inhibitions at the door and bring your best fighter attitude.

BODY SCULPT

A mix of weight lifting techniques and cardiovascular training used to strengthen your entire body. New exercises each week help keep the body guessing. Varying types of equipment used. Fun and effective for all levels welcome.

CARDIO KICKBOXING

A non-contact, martial arts based, tempo interval training class. We combine fitness movements with kicking and punching for a full body workout. Low and high options are always shown making this fun and sweat drenching class appropriate for all.

CARDIO MUSCLE

Alternating traditional muscle conditioning with very easy-to-follow cardiovascular segments for a beginner to intermediate interval workout you are sure to enjoy!

CORE STRENGTH

A 30-minute workout focusing on the core; extending from the shoulders to the pelvis. Using mostly bodyweight and some fun exercise toys, we will tone and tighten the main stabilizing muscle of the core.

FIT FOR ALL

An enjoyable Cardio Step followed by barbell strengthening segment designed especially for those who are looking for cardio and strength training all at once.

PURE LIFT

Focus on lifting the way it all began. Simple movements using a barbell and dumbbells to preform weight lifting to sculpt the full body.

TABATA

This is High intensity interval training, body weight movements for 20 seconds then rest for ten seconds, alternating movements. You will push yourself in this class.

STRONG

STRONG by Zumba™ is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle **definition**. ... STRONG by Zumba™ is also characterized by a unique system of progression.

ZUMBA

Zumba® is a great mix of Latin and international beats designed to keep you moving and the party going! Easy-to-follow moves create a high energy, calorie blasting, total body dance-based workout. Fast and slow rhythms are alternated to provide an interval training effect designed to sculpt and tone your body. This fun workout feels more like a "night out" than a work out at the gym!

cycle

Upper Floor

Each cycle class offers its own unique version of riding. You will experience drills to work on cardiovascular health including sprints, and jumps. As well as drills to work on strength including up and down hills mixed with pure incline rides. All classes are matched with music to make you want to push a little harder.

me classes

movement essentials

These classes are designed for the beginner/novice exerciser. Here you will learn a solid foundation with guidance and support. Check out the ME Schedule for more details.

BARRE BASICS

A novice version of BARRE.

BODY CONDITIONING

A full body workout with basic movements using weights.

GENTLE YOGA

A novice version of Gentle Yoga.

ZUMBA

A novice version of Zumba.

class policies

- **Classes are 55 minutes unless otherwise noted**
- **Express classes are 30 minutes in duration**
- Class times include up to 5 minutes for transitions, introductions and set up.
- Arrive to class on time. Entering late disrupts the entire class.
- Wear appropriate workout attire.
- Wear supportive footwear to cardiovascular and conditioning classes.
- Please tell your instructor if you are new or have any health issues prior to class.
- Instructors are available before and/or after class for any questions, comments or concerns.
- If you are new or need to modify please remain in the back of the class. This will provide the most productive environment for all participants.

Water Fitness class descriptions can be found on the Water Fitness schedule.

We believe even a little Group fitness is better than none. If you can only practice for a short duration we suggest that you arrive on time, stay to the back of the room and allow at least 5 minutes for cool down before leaving quietly.

THE GROUP SCHEDULE IS A ROTATING SCHEDULE.

The management reserves the right to make schedule changes as necessary.

Classes with poor attendance are subject to cancellation.

**CLASSES ARE A
CELL PHONE FREE ZONE**



Please,
turn off
your Phone.
Students are
Learning.