



# SUMMER 2024

## GROUP FITNESS SCHEDULE

### CLASS DESCRIPTIONS



## CARDIO & STRENGTH



**Bootcamp:** Get ready to push your limits and have fun. You'll be guided through a dynamic combination of cardio, strength training, and functional exercises to target every muscle group. Whether you're a fitness enthusiast or looking for a challenge or a beginner starting your fitness journey, this bootcamp will leave you feeling energized, empowered, and ready to conquer your fitness goals. 20 person limit (All levels)

**Cardio Hip-Hop:** Designed for anyone looking to raise their heart rate with dynamic switches between slow and fast movements. (All levels)

**Jumpstart:** A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles

**Zumba:** A fusion on Latin and International music and dance themes that create a dynamic and exciting workout to create a cardio/toning class. (All levels)



## MIND & BODY

**Barre:** A hybrid of ballet-inspired moves with different elements of ballet, yoga, and strength training. (All levels)

**Barre Strength:** A hybrid of ballet-inspired moves with different elements of ballet and yoga, emphasizing the strength training with body weight and other equipment.

**Gentle Yoga:** A slower paced yoga class. Designed with positions and more meditation focused. (All levels)

**Intermediate Yoga:** Utilizing posed to help with strength and flexibility, this class is designed for students who have taken yoga before. This class will help you take your practice to the next level. (All levels)

**Vinyasa Yoga Flow:** A balance of breathing through a series of yoga poses that includes sun salutations, peak poses, and a closing with relaxation. (All levels)



## CYCLING

**Cycle 30:** An express 30-minute indoor cycling class that challenges your endurance and enhances your cardio fitness in 30 short minutes. (All levels)

**Cycle 45:** 45-minute indoor cycling class that challenges your endurance and enhances your cardio fitness in 45 intense minutes. (All levels)