

**INTERMEDIATE YOGA:** UTILIZING POSES 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.

**MORNING FLOW/RISE&SHINE:** SIMPLE YOGA POSITIONS WITH FOCUS ON BREATHING EXERCISES, DEEP RELAXATION TO INCREASE FLEXIBILITY, AND INCREASED WELL-BEING. (ALL LEVELS)

**PILATES:** A MIND & BODY CLASS FOCUSED ON STRENGTHENING, LENGTHENING, STABILIZING, AND ISOLATING THE DEEPEST MUSCLE OF YOUR CORE COMBINED WITH BREATH WORK AND MOVEMENT WILL LEAVE YOU FEELING STRONGER AND TONED. (ALL LEVELS)

**GENTLE YOGA:** A GUIDED RESTFUL YOGA PRACTICE FOCUSED ON HOLDING POSES FOR LONGER DURATION TO HELP CALM YOUR MIND AND RELEASE TENSION IN YOUR MUSCLES. THIS CLASS WILL FOCUS ON SLOW MOVEMENTS, BREATHING TECHNIQUES, AND POSES. EMBRACE THE POWER OF REST. (LOW - MEDIUM IMPACT)

**BARRE:** A HYBRID OF BALLET-INSPIRED MOVES WITH DIFFERENT ELEMENTS OF BALLET, YOGA, AND STRENGTH TRAINING. (ALL LEVELS)

**YOGALATES:** COMBINATION OF YOGA AND PILATES FOR THE ULTIMATE WORKOUT! (ALL LEVELS)

**PILATES XPRESS:** QUICK 30 MINUTE EXPRESS PILATES WORKOUT THAT WILL GET YOUR BLOOD PUMPING AND YOUR MUSCLES ACTIVATED

**LIFT & FLOW:** THIS CLASS COMBINES TRADITIONAL YOGA POSES WITH STRENGTH TRAINING USING LIGHT WEIGHTS. DESIGNED TO BUILD MUSCLE, IMPROVE BALANCE, AND INCREASE ENDURANCE, EACH SESSION BLENDS MINDFUL MOVEMENT WITH RESISTANCE-BASED EXERCISES FOR A FULL-BODY WORKOUT. (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

**PUMPED UP STRENGTH:** ALL GAIN NO PAIN! THIS CLASS CONSISTS OF COMPOUND MOVEMENTS TO STRENGTHEN BOTH MUSCLE AND FASCIA WITH BEAT-DRIVEN PROGRESSIONS.

**ABS AND ARMS:** COMBINATION WORKOUT FOR THE ULTIMATE TONE OF MUSCLE FOR THOSE ABS AND ARMS

**BUTTZ & GUTZ:** A CLASS SPECIFIC FOR STRENGTHENING AND TONING ALL THE MUSCLES OF YOUR LOWER BODY AND CORE. (ALL LEVELS)

**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. (ALL LEVELS)

**FUNCTIONAL TRAINING:** A DYNAMIC CLASS DESIGNED TO BUILD REAL-WORLD STRENGTH THROUGH FUNCTIONAL MOVEMENT AND WEIGHT TRAINING. YOU WILL IMPROVE POWER, ENDURANCE, AND OVERALL PERFORMANCE WITH WORKOUTS THAT CHALLENGE YOUR ENTIRE BODY. PERFECT FOR ALL FITNESS LEVELS, WITH MODIFICATIONS AND PROGRESSIONS TO MEET YOU WHERE YOU ARE. (ZONES 4 & 5, 20 PATRON LIMIT)

**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)