

**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)

**MIXED LEVELS YOGA:** A GENTLE, ACCESSIBLE YOGA CLASS DESIGNED FOR ALL LEVELS, OFFERING OPTIONS TO SUIT BEGINNERS THROUGH EXPERIENCED PRACTITIONERS. FOCUSES ON MINDFUL MOVEMENT, BREATH, AND RELAXATION SO EVERYONE CAN PRACTICE AT THEIR OWN PACE.

**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)

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

**MOBILITY & RECOVERY:** LOW-IMPACT MOBILITY AND RECOVERY CLASS FOCUSED ON IMPROVING FLEXIBILITY, EASING MUSCLE TENSION, AND SUPPORTING OVERALL MOVEMENT. USING FOAM ROLLERS AND GENTLE EXERCISES, THIS CLASS HELPS RELEASE TIGHT AREAS, ENHANCE RANGE OF MOTION, AND PROMOTE FASTER RECOVERY FOR ALL FITNESS 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

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