

# GROUP EXERCISE CLASS DESCRIPTIONS

## STRENGTH

**CXWORX™** (30 min.) is a workout using your own body weight, resistance bands and weighted plates. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. A short, sharp workout that will inspire you to the next level of fitness.

**BODYPUMP™** (55 min.) is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls safely and effectively.

**BARRE** (45min) a multi-level BARRE class that includes 4-components, including Dance Technique, Yoga Postures, Functional Exercises, and Cardiovascular Training, which together creates a total body workout. Come see what the hype is all about!

## CARDIO

**BODYCOMBAT™** (55 min.) is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from karate, boxing, taekwondo, tai chi and muay thai.

**BODYATTACK™** (55 min.) is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**POUND®** (45min.) is the world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Burn 600+ calories per class with this workout that combines the best cardio, strength-training, and conditioning moves. The Ripstix® add 1/4 lb. extra weight to each movement which drastically improves your rhythm, timing, coordination, agility, endurance, and musicality.

**Tone™ (45 min.)** The newest Les Mills program to hit the circuit, incorporating current music as well as a broad range of genres. This moderate intensity cardio workout will keep you on your toes with optional bursts of high intensity, circle runs, athletic ballet tracks, tubing and weight exercises. If you want a class with an overall mix of cardio, strength, and core training, this is definitely the class for you.

**ZUMBA (45min)** Zumba is known to pretty much be an AWESOME dance workout that incorporates great music, with great people, and burns a ton of calories without even realizing it. "FOR EVERYBODY AND EVERY BODY".

## COMBO

**GO & FLOW (55 min.)** Spend the first part of the class with heart pumping cardio on the bike. Drills are quick and concise using high and low resistance and designed to get your workout done with no downtime between songs. Then FLOW will focus on stretches that cyclists need such as hamstrings, quads, hips and finishing with a quick target on abs.

**CXWORX (30 min)** is perfect paired with any other 30-min class to make a combo of your choice.

**Water Rowing** classes that are 30-min in length also make a great combo paired with another 30-min class.

**GRIT (30 min) FLOW Exp. (30 min)** another great combo option.

## HIIT SERIES

**GRIT™ Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

**GRIT™ Cardio** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

## ROWING

**Water Rowing** – Long renowned as the perfect aerobic exercise, the Water Rower is unmatched with its ability to burn calories within a perceived level of exertion. Low impact and body weight bearing, the Water Rower is perfect for any user. You'll enjoy a smooth, natural resistance and inspiring on-water sound you can't find on air or magnetic rowers.

**30-minute classes are aerobic rowing on the rowers only.**  
**45-minute classes include aerobic rowing with interval training on and off the rower.**

## CYCLE

**CYCOLOGY** (45 min.) Shift your fitness into high gear with this pulse-pounding cycling class. Improve your cardiovascular fitness and fine tune your endurance. This is a non-impact workout for all fitness levels. It is freestyle and the format will be up to the instructor, so it may be a fast flat, hills or a combo of both, it will vary class to class and with each instructor.

**GO! (30 min.)** A cycle class with a shorter warm up and stretch. Although this is marketed as a high intensity class, we will have options for all levels. The goal is to target people who want to get in and get out. This freestyle format will vary with each instructor, so it could consist of fast flats, hill climbs or a combo of both.

## MIND/BODY

**BODYFLOW™** (55 min.) is an athletic fusion of yoga, tai chi and Pilates. It builds flexibility and strength while leaving you feeling centered and balanced. Active yoga sequences and challenging poses, followed by stretches and a short meditation, are all set to modern music to create a holistic workout. Class is practiced barefoot for a safer grip on the mat. (Mats available, or bring your own.)

**Yoga (55 min.)** In this Vinyassa inspired class we will unite movement and breath. The physical benefits of improved core strength, balance and flexibility are secondary to the benefits of self-awareness, improvement in self esteem, and stress reduction.

**Fitness Yoga (55 min)** This yoga has its roots in Ashtanga, and tends to move quickly, while still incorporating core strength, balance, and flexibility. It is a great strength training workout that makes you feel energized.

**Sunrise Yoga (45min)** A Vinyassa Yoga to get your day off to a wonderful start. Early risers, this class is just for you!

## SENIOR (Actively Aging)

**See Senior Schedule for all Senior Class descriptions and times.**