

GROUP FITNESS *CLASS DESCRIPTIONS*

ALL LEVELS

(☺) Indicates “all level” classes that are a great place to start!

Basic Step45 (45 minutes) ☺

No fancy footwork – basic STEP patterns with options shown for regulating intensity.

BODYPUMP™ (60 minutes)

It's the “original” Barbell strength and muscular endurance class set to music. You've never experienced weight training like this before! Xpress = 45 minutes.

BODYVIVE™ (60 minutes) ☺

BODYVIVE™ is a low-impact workout that lets you choose just how hard you work, while listening to uplifting and inspiring music. (Xpress = 45 min.)

Butts N' Guts & Beyond (60 minutes) ☺

A workout focused on progressive abdominal/core and lower body training. Go “beyond” with a burst of cardio training.

Cycle Road Trip (RT) (45 minutes)

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the “off season.” “60” indicates a 60 minute class.

Cycle 101 (30 minutes) ☺

Ready for a change? Want to try indoor cycling, but not sure how? This class is an introduction to cycling that is non-intimidating and provides just enough pedaling.

Moderate Moves (45 minutes) ☺

If you're looking for a gentle approach to exercise, then this class is for you!

Fundamental cardio patterns are combined with exercises designed to develop body awareness, stability, and confidence in movement.

SH'BAM™ (45 minutes)

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged.

Step I.T. (75 minutes) ☺

Intervals of cardio step training and conditioning blend together to create a challenging and dynamic workout. (Monday pm = 60 minutes)

Strong & Lean (45 minutes)

Not your traditional strength training....get strong and lean with alternative training techniques and tools. A total body blast that changes the way you train.

Zumba™ (60 minutes) ☺

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

Zumba Basics™(45 minutes) ☺

Learn the basic Zumba patterns that will have you movin' and groovin' on a journey around the world with spicy Latin rhythms and funky world beats.

INTERMEDIATE TO ADVANCED LEVEL

BODYATTACK™ (60 minutes)

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.

BODYCOMBAT™ (60 minutes)

The original martial arts based fitness program with moves drawn from karate, taekwondo, kung fu, kickboxing and tai chi. Each class is choreographed to the latest music, providing an exhilarating exercise experience.

BOSU® Combo (60 minutes)

Add variety to your workout and experience one of the best innovations in functional training-the BOSU. Cardio, balance, strength and athletic drills all in one fantastic workout!!!

CXWORX™ (30 minutes)

At the intersection of science and personal training lies a new kind of group fitness workout...a workout that will tighten and tone your abs, back and butt like nothing else before.

Extreme Step (60 minutes)

Horizontal, vertical, 2-step.....

Experience the versatility of the STEP with challenging STEP patterns and athletic moves to take your workout to the next level! Abdominal & core work included.

PUMP/CXpress™ (60 minutes)

You want it all? Now you can have it all in one class. A combo of BodyPump and CXWORX in a condensed 60 minutes format. 30 min. of Pump and 30 min. of CXWORX.

R.E.V. (60 minutes)

Resistance, Endurance, Variety

A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more! 45 indicates a 45 min. class.

Tabata (45 minutes)

High Intensity Interval Training using the 20/10 Tabata protocol. Not a class for the weak of mind or body. It will truly challenge you to move to your next level of fitness and performance.

MIND-BODY

Yoga Flex (60 minutes) ☺

This innovative class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

Pilates Mat (45 minutes) ☺

Pilates mat is a series of exercises developed by Joseph Pilates which focuses on the “powerhouse” or core of the body to develop strength, increase flexibility, improve posture and create a balanced physique. *CONSULT THE INSTRUCTOR IF YOU HAVE PHYSICAL LIMITATIONS OR INJURIES.*

Pilates Strength (45 minutes) ☺

A twist on the traditional Pilates Mat repertoire. We add a strength element utilizing various toys and functional bodyweight training.

Pilates Stretch (45 minutes) ☺

Traditional Pilates exercises with a focus on muscle lengthening and control exercises A great compliment to any workout.

AQUATIC PROGRAMS

Aqua Combo (45 minutes)

"Aqua Combo" is an invigorating cardiovascular fitness class open to all fitness levels. Participants will use buoys, noodles and/or steps in all depths of water.

Aqua Sculpt & Tone (45 minutes)

Familiar strength and conditioning exercises in the water. Reshape your body and improve definition with tubing, buoys, noodles and kick-boards.

Aqua Step & Sculpt (45 minutes)

30 minutes of aqua step choreography has been enhanced by adding 15 minutes of strength training to the workout.

Aqua Zumba® (45 minutes)

The “pool party” workout for all ages. Fusing latin-inspired dance moves and fitness with latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.

Deep Water Athletes (45 minutes)

This class pushes cardiovascular training and core strength to the next level. It's the perfect way to cross train. Geared for the intermediate to advanced fitness enthusiast. Flotation belts provided.

Martial Waters (45 minutes)

Class is a unique blend of kickboxing and martial arts structured for a fluid workout. Expect a high intensity, power-packed circuit that fosters strength and grace.

Splash A.C.T. (45 minutes)

Aqua Circuit Training invites participants of all fitness levels to enjoy interval training in the pool. Challenge your cardio by travelling to deep water and back to shallow.

Walk & Sculpt (45 minutes) ☺

Features 2 minutes of water walking followed by 2 minutes of stationary muscle sculpting. Get your cardio training and strength training done in one, 45 minute class.

Walking Waters (45 minutes) ☺

This class offers a gentler approach to fitness. Class focus is on better balance, improved posture and joint range of motion. A great place to start if you are new to aqua fitness.