

# Class Descriptions

## POWER CYCLE

This high energy cycling class includes a combination of speed, strength, and power drills designed to increase cardiovascular endurance, build lean muscle mass, and improve overall fitness

## CORE SYNERGY

Improve stability and posture, enhance athletic performance, and reduce back pain with this core focused class that incorporates components of Pilates, Yoga, and Barre

## YOGA SCULPT (Glutes, Arms & Abs)

Build strength in your hips, glutes, arms and abs in this energizing class that combines the stretching, lengthening, and mindfulness benefits of Yoga with the strengthening and toning benefits of resistance training

\*Please bring a Yoga mat

## TOTAL BODY BLITZ (TBB)

Improve overall fitness with a combination of resistance and cardiovascular training exercises. Increase strength, mobility, stability, and cardiovascular fitness, all in one workout. A mix of body weight and equipment based exercises may be used

## WELL BUILT

This **strength** focused class is designed to define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, tubing, etc. to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advanced

## SUPER CIRCUIT

Build strength and develop your cardiovascular system with this full body, circuit style workout. A variety of equipment will be utilized, including; dumbbells, kettlebells, benches, stability balls, and more

## YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation.

\*Please bring a Yoga mat