

## Group Exercise Class Descriptions

**Bootcamp** - We want to keep you guessing – and challenge you differently in every class! Workouts are designed to improve your overall fitness – strength, cardio, flexibility, agility and endurance! Have fun – work hard!

**Cardio Interval** - A class that is sure to raise the heart rate by blending cardio exercises together for a fun yet challenging workout.

**Functional Fitness** – This class encompasses everyday movements, focusing on range of motion, core strength, and flexibility, varying daily so you never sweat through the same workout twice.

**Gentle Yoga** – Balance, release stress, and self-care are the focus of this nurturing practice. Reconnect your body mind connection with this gentle practice appropriate for all levels.

**High Octane** - Get ready to ignite your workout! This format will get your heart racing as you combine high intensity cardio moves with muscular endurance drills. Get ready for the ultimate cardio and weight resistance class. Bring a towel and come dressed to sweat!

**Intro to Weight Training** – Learn the what, why and how of weight training!

**Senior Fit with Stretch**- Total-body workout appropriate for any fitness level. This class is designed to increase flexibility, balance, stability, muscular strength, and cardiovascular endurance.

**StepFix** – The foxy fox of fitness you've been waiting for...with step, core, and strength this class will leave you fixing for more fitness!

**Tabata** - Each exercise in a given Tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows:

- Workout hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

**Zumba**- Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party

**Ballet Barre Fusion (6 people Max)**- Quality over Quantity. If you're doing it right, you are going to shake and feel the burn. The focus is on precision and proper form; you'll do smaller, slower movements, but you'll definitely feel them because you're isolating specific muscle groups you're not used to using. Cross training has always been a major part of a dancer's life, mastering all over strength and movement quality. Core strength will be a major focus in these classes as well as building strength throughout the entire body, while incorporating relaxation.

**Classical Stretch and Core**- Rebalance the body, increase mobility and keep joints healthy and pain-free.