



# Group Fitness Class Descriptions

## **SPINNING®**

This “all terrain” class offers a great workout with jumps, sprints, climbs and intervals. Set your own pace and resistance for an individual super cycle experience! (45 min)

## **YOGA**

Traditional Yoga class with clear explanations for concentrated breathing techniques, body awareness, power and strength.

## **YOGA/PILATES**

A flowing mind/body practice integrating yoga and pilates to increase strength, flexibility, and balance while reducing stress and improving endurance.



## **FITTBARRE**

A workout featuring one of the hottest and most effective trends in fitness: ballet barre training.

The class is created for almost every exerciser with NO dance experience necessary – if you can march in place, you can do it!

## **BOOT CAMP**

Classes combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. Expect the unexpected in these classes, packed with variety and tons of fun!

## **PUMP!**

Get a strong, toned and fit body fast! Intense training techniques, accelerate your heart rate, burning hundreds of calories per workout. Improve your body shape – FAST!

## **STRENGTH AND STRETCH**

Strengthen, tone and firm your body, then stretch it all out.

## **TABATA BOOTCAMP™**

Created by Izumi Tabata, this workout is simply the best super-aerobic cardio workout ever discovered.

Turn your body into a fat burning, super engine.

## **HARDCORE**

A 20 minute class to train the core muscles that act as the basis of every major movement performed by your body.

## **20/20/20**

Who says you can't have it all? Now you can! A total body conditioning class involving cardio, strength, stretching and balance. Do it! You know you want to!