

Spring 2021 Group Fitness Class Descriptions

Cardio Kick & HIIT – This dynamic class combines cardio kickboxing moves with high intensity athletic drills to improve functional strength and increased caloric burn. During this total body workout, you will punch, kick, squat, sprint and lunge your way to increased strength, power, speed and agility, and torch calories! Easy to follow combinations with lots of options to work at any level of intensity for a custom and varied workout for beginners and experienced participants alike.

HIIT - High Intensity Interval Training (HIIT) mixes short bursts of all-out effort with a quick rest period, maximizing your workouts and improving your overall fitness. This class targets your cardiovascular and strength abilities in one single workout.

Pound – Join us for this cardio jam session where you get to rock out using rip sticks (provided during class) - your own set of drum sticks. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, and toning up.

Power Yoga - With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you'll quickly be out and moving on to the next asana. These classes incorporate a serious number of Vinyasas, and they're going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

Spinning - The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity.

WERQ Dance Fitness* – WERQouts are designed to give you the best sweat with repetitive athletic moves and fresh dance steps. Your instructor will build a heart-pumping playlist featuring pop and hip hop music. Each week new choreography is introduced, so you can continue to challenge yourself in this cardio dance fitness class. **New for Spring 2021*

Yoga & Meditation - This traditional yoga class will practice postures to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Come ready to stretch, breathe and get centered.

Zumba - This dynamic workout includes fusion of cardio dance with international and hip hop beats and will tone your total body. You'll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.

*****All classes are 45 minutes*****

