Instructors and Class Format are subject to change when substitutions are needed.
# Group Fitness Class Descriptions

## Aqua

### AQUA MOTION: Shallow end of the competition pool (Swimming skills not required)
- Format: Low impact cardio workout that is easy on the joints. Water Bells and Noodles may be used.
- Entry level: All fitness levels

### AQUA STRENGTH: Shallow end of the competition pool (Swimming skills not required)
- Format: Using the properties of water (water bells, bands and noodles) to incorporate muscular strength and endurance training.
- Entry level: All fitness levels

### AQUA ZUMBA: Shallow end of the competition pool (Swimming skills not required)
- Format: Brings the Zumba Fitness Experience to the water by adapting all the Latin moves to an aqua fitness type class. This class will tone your muscles and give you a cardiovascular training while having so much fun!
- Entry level: All fitness levels

### DEEP H2O: Deep end of the Competition pool (Fotation belts are welcome)
- Format: Challenging yet self-paced deep water workout that provides strength and flexibility training with cardiovascular training.
- Entry level: All fitness levels

### DEEP WATER AQUA - 45 mins.
- Format: Self paced timed intervals in deep water to improve your fitness. Cardio and strength based.
- Level: Fitness based recommended, but adaptable to all levels.

## Cycle

### ABC CYCLE (Absolute Basics Class)
- Format: Learn proper bike set up, mechanics, and energy training zones at a comfortable work pace. Focus on form and technique.
- Level: Good for all fitness levels - beginners, novice cyclists and those who want to refresh basic training

### CORECYCLE
- Format: Fun combination of cardio based cycle with bouts of light upper body resistance work incorporated.
- Level: All fitness levels

### CYCLE: focus on basic cycling principles
- Format: Challenging rides incorporating fundamentals of technique, cadence, heart rate/RPE, using all energy zones
- Entry level: All fitness levels

### CYCLE & STRENGTH
- Format: High energy cycle with bouts of upper body basic strength exercises. Use of light weights and high reps to maintain steady cardio based heart rate training.
- Level: All fitness levels

### LESMILLS RPM™
- Ride to the beat of highly energetic music
- Format: Interval based rides encompassing hills, flats, mountains, and fast speed.
- Entry level: All fitness levels

### POWER RIDE: High intensity, high performance based rides
- Format: Intervals, threshold training, power output based rides
- Entry level: All levels with understanding of expectations

### PRECISION CYCLE
- Format: A training system of drill based cycle efforts to improve all energy pathways. Focus on power output to increase speed, strength, and leg power. Mechanics of pedal stroke, breathing and technique to support safe adaptations.
- Levels: All fitness levels

## MindBody

### ACTIVE BALANCE & STRETCH: Focused core, posture and flexibility
- Format: Work on body awareness, correct posture and form, flexibility and balance. Use to create strong foundation for all forms of exercise.
- Level: All fitness levels

### BARRE & YOGA STRETCH
- Format: A combination of Barre toning and gentle Yoga poses for stretching.
- Level: All fitness levels

### GENTLE YOGA: A mind-body form of exercise
- Format: This class is for beginners or those who want a less strenuous practice. Modified poses focus on breathing, stretching and strengthening.
- Level: Good for all fitness levels. Work includes some floor work as well as standing poses.

### PILATES: Focused core and posture
- Format: Sequence of exercises to align posture, strengthen and stabilize core, and create balance.
- Level: All fitness levels

### PILATES BURN: Focused core and posture
- Format: Traditional pilates with challenging positions in an endurance based class. Modifications will be provided.
- Level: Intermediate to advanced

### POWER YOGA: A mind-body form of exercise
- Format: Fitness based vinyasa style yoga with emphasis on strength and flexibility. This is a 75 minute class.
- Level: Yoga basic recommended

### SMART MOVES: This class is for the 55 and older population and younger participants who need the benefit of a less strenuous class.
- Format: Class includes aerobic, muscle and flexibility conditioning.
- Level: All fitness levels

### SMART CHAIR YOGA: A yoga class that includes stretches and movements while sitting in a chair and some standing poses.
- Format: 45 minute gentle chair based class designed for active adult age, or those with limited mobility and who are unable to do any floor work.
- Level: Beginners and those with limited capabilities

### YIN YOGA: Restorative Yoga
- Format: Restores and maintains natural mobility of joints by holding poses for a longer duration
- Level: All fitness levels

### YOGA FOR ABS & CORE: Unites mind, body and spirit
- Format: Sequences of yoga poses with focus on breathing, stretching and strengthening, to create a total body experience.
- Level: All fitness levels

### YOGA FOR STRENGTH: This class will focus on strengthening yoga poses for the entire body. You can work gently or choose a more challenging pace.
- Level: All fitness levels

### YOGILATES: This class combines the best parts of two classes.
- Format: This class combines the best parts of two classes. Yoga poses combine with the core work of Pilates to create a great workout.
- Level: All fitness levels

### YOGA FOR ABS & CORE: Unites mind, body and spirit
- Format: A series of yoga based movements that target the core for strength and stabilization
- Level: All fitness levels

### YOGA FOR STRENGTH:
- Format: Multi level yoga class with emphasis on movements and poses for the back, hips, abdominals, shoulders and hamstrings that will promote flexibility, ease and strength of the core.
- Level: All fitness levels

## Studio

### BARRE BASICS:
- Format: A series of exercises and stretches at the ballet barre, focusing on toning the body proportionally to give you a lean physique without added bulk. Stronger abs and back muscles, a lifted derriere, flexibility and posture awareness.
- Level: All fitness levels

### BARRE BURN:
- Format: Series of Barre exercises that improve endurance and overall energy, increase flexibility, and create a sculpted toned physique.
- Level: All fitness levels

### CORE XPRESS:
- Format: 30 minute class designed to identify, engage, and work core muscles to increase strength and stabilization. Various equipment incorporated.
- Level: All fitness levels

### TABATA BODYBURN:
- Format: Tabata inspired precise rounds of high energy exercise aimed at improving cardio and strength.
- Level: All fitness levels welcome, modifications presented

### BOO TCAMP: Drill based exercises
- Format: Stations and/or circuits of calisthenics, cardio, strength, speed & agility
- Level: Intermediate to advanced fitness levels

### CARDO BOO TCAMP: Drill based exercises
- Format: Total cardio based exercises and drills to increase cardiovascular endurance, performance and coordination through the use of cones, ladders, steps and more. May be conducted outdoors when weather permits.
- Level: Fitness based recommended, all levels welcome

### HIIT: High Intensity Interval Training
- Format: Interval specific training based on bouts of maximal work with minimal recovery. Cardio, plyometrics, strength & power.
- Level: Fitness base recommended - intermediate to advanced.

### LESMILLS BODYCOMBAT™:
- Cardio mixed martial arts
- Format: Inspired by martial arts, highly energetic, choreographed to powerful music
- Level: Intermediate to advanced

### LESMILLS BODYJUMP™:
- Total body resistance training
- Format: 60 minute workout that challenges all major muscle groups by using the best strength exercises with smart bar system.
- Level: All fitness levels

### PURE MUSCLE 360:
- Blast your fitness to the next level
- Format: Cardio based high energy total body workout aimed at improving cardio strength and core - the triple threat! A variety of exercises and equipment.
- Level: Good for all fitness levels

### ZUMBA®:
- Format: Dance to rhythm of Latin, Fusion & hip hop high energy music
- Level: All fitness levels