

## **Group Exercise Descriptions**

**Balance & Core (aka: Pilates mat):** Challenge your senses with balance and core strength in this Pilates mat class! Balance tends to slip away as we age if we don't keep it working. This class will help hone your balance skills while building foundational strength. (45 min.)

**Cardio Boot Camp:** Jumpstart your fitness to the next level combining aerobic and anaerobic drills. Improve your muscular strength, endurance and balance using a variety of equipment: body bars, BOSU's, dumbbells, elastic tubes, balls, steps and stability balls. Suitable for all levels. (60 min.)

**Core Circuit:** Strength and conditioning program for the endurance athlete to the novice. Take the guess work out of core training and join our workout. Creative, sport specific routines include ability and stability progressions mixed with cardio training. This is a functional way of working your core for maximum strength, power and injury prevention. All levels welcome and accommodated! (60 min.)

**CrossFit.** This is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. (60 min.)

**Cycle:** Join the high energy pack as they simulate riding on real road racing bikes to great music. Spin Cycling is a stationary biking, kick-in-the-pants workout for all fitness levels that will get you fit fast! (45 min a.m. & noon; 60 min p.m.)

**X-PressFit.** Maximize your time and effort in a mini-version of CrossFit. (30 min M&W)

**Hatha Yoga:** For all level students; focus on the fundamentals of yoga; modifications given for beginning students to more advanced. Learn correct alignment and breathing in basic yoga postures and move at your own pace. (60 min)

**Power Yoga:** Add some stretching to your lifting routine with a vigorous, fitness-based approach to vinyasa-style Yoga with an emphasis on flexibility and strength. (60 min)

**Plyo Interval-X** ~ Tuesday & Thursday: 3:30 - 4:00 pm (30 min)

AKA, explosive training drills to improve agility, vertical jump, core power, endurance, and more!

**TKO Fitness:** Mixed martial arts inspired functional training. A variety of total body exercises designed to improve aerobic and strength conditioning. (45 min.)

**Xpress Fit:** 30 minutes of total body fitness, strength, cardio and endurance training. Lots of work, fast and fun! You can do anything for 30 minutes!

**Yoga Sadhana:** Designed for the 50 years and up generations, emphasis on balance, strength, endurance, mental and physical health...and fun! (60 min)

**Zumba:** Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix while burning mega kcals. (60 min)

**Zumba Toning:** Additional resistance training for a total body toning workout! (60 min)