

# CLASS DESCRIPTIONS

AQUA	<b>Aqua Fitness</b>	An energizing and vigorous workout performed in shallow and deep water	
	<b>Aqua Yoga</b>	Traditional standing yoga moves performed in water to add balance	
CARDIO	<b>Cardio Dance</b>	A blend of dance choreography and cardio exercises set to pop music. This heart-pumping workout feels like a party.	
	<b>Cardio Power</b>	Body-weight workout combining increased heart rate, toning and strength	
	<b>Cardio Power Pilates</b>	A low impact workout combining increased heart rate and focused core strengthening using balance and control	
	<b>Cardio Sculpt</b>	Toning and strength mixed with cardio blasts	
	<b>Les Mills BodyCombat</b>	An empowering martial arts-inspired workout that blends Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.	
	<b>Power Cycle</b>	An energetic spin class that uses intervals of high intensity bursts, hill climbs, and sustained efforts to build both cardiovascular endurance and muscular strength.	
	<b>Retro Cardio Stretch</b>	A body-weight workout using basic rhythmic steps, functional movement and dynamic positions to increase range of motion	
	<b>Rhythmic Spin</b>	Come join us for this rhythm-based spin class with a high energy playlist! This high-intensity class will target all muscle groups - building cardiovascular strength and endurance.	
	<b>Turn &amp; Burn—Spin</b>	Push yourself to the limit with this high intensity cycle class	
	<b>Zumba</b>	A Latin-based dance workout that moves you from head to toe	
	MIND/BODY	<b>Contemporary Pilates</b>	A mid-level mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles
		<b>Hatha Yoga</b>	Strengthen and stretch through biomechanics-based yoga. Move with curiosity through exercises and poses that leave you feeling stronger and more open and relaxed.
<b>Mat Pilates</b>		A full body workout that tones, lengthens and strengthens the entire body	
<b>Peaceful Yoga</b>		Explore the physical and mental health benefits of yoga in a peaceful way	
<b>Pilates Principles</b>		This class focuses on restorative movements to improve posture, balance, and body alignment while setting a strong foundation for Pilates practice.	
<b>Power Flow</b>		A mixed level energetic flow to build strength, flexibility, endurance, focus and balance	
<b>Reformer Pilates</b>		The ultimate in range of motion, flexibility and strength with a reformer. This class works your core and muscles for a full endurance type of training. <b>*Fee-based class*</b>	
<b>Slow Flow</b>		A class holding postures longer to increase internal body heat providing an opportunity to focus on alignment, moving deeper into stretches, and focusing on breath work	
<b>Vitality Yoga</b>		Traditional Hatha Yoga with an increase of intensity and pace	
<b>Yoga/ Vinyasa Flow</b>		A faster paced, fun, and challenging class focusing on building strength and endurance through a creative and mindful flow <b>*All levels welcome*</b>	
<b>Yogalates I</b>		Yoga and Pilates basics focusing on stretching, strengthening, balance and control. An excellent way to round out any wellness plan	
<b>Yogalates II</b>		Intermediate level Yoga and Pilates focusing on stretching, strengthening, balance, and control. The pace is faster and more dynamic than the level one class. Great for individuals looking to mindfully "level up"	
<b>Yogapila</b>		Connecting the asanas and mindfulness of yoga with the strength and postural awareness of Pilates	
SENIOR		<b>Hatha Yoga 60+ ^*</b>	Hatha Yoga geared toward a less intense workout <b>*Online registration required*</b>
	<b>Stay Young Through Fitness ^*</b>	This class is geared toward the specific issue of aging through movement and breath. The focus is on form and positioning. <b>*Online registration required*</b>	
STRENGTH	<b>Barre Fusion</b>	Combination of Pilates, yoga and barre mixed with cardio to strengthen, lengthen and tone	
	<b>Foam Roll Recovery</b>	Combine targeted stretches with foam rolling to optimize muscle recovery and flexibility after hard workouts. Through increased circulation, you will move quickly and confidently into your next workout.	
	<b>Les Mills Body Pump</b>	Cardio and strength training with light/medium weights using high repetition for maximum results	
	<b>Les Mills Core</b>	A targeted core workout designed to improve core strength building a stronger, leaner body.	
	<b>Mat Fusion</b>	A dynamic total body workout using all available equipment. Be ready to sculpt and tone your entire body	
	<b>Octane HIIT</b>	High energy workout based on basic body weight exercises. Prepare to run, pull and push to the limit	
	<b>Strength Training</b>	A full-body workout that targets the major muscle groups of the upper and lower body. Build strength and tone muscles using a variety of equipment to leave you feeling toned and fit.	