

CLASS	LEVEL	DESCRIPTION
Abs, Butt and Core	all levels	A fitness class based on using pilates, barre and strength training techniques to strengthen the core, legs and glutes.
AGELESS	1	A fitness class based on addressing the needs and challenges of the active older adult.
BARRE	2	This total body workout uses ballet-based movements, strength conditioning, core-focused exercises, and stretching.
BARRE FUSION	2	Cardio infused Barre class to keep your heart rate up while utilizing classic ballet-based movements.
BOOT CAMP	3	This class incorporates high intensity intervals, plyometric exercises, running, agility drills and body weight exercises.
BOSU	2	The ultimate in functional training, incorporating the BOSU in cardio, strength & balance exercises for a total body workout.
CARDIO FUSION	2	This class will challenge you with a combination of cardio, core, strength, and functional movement. Expect to sweat, activate and utilize your deep core muscles, and develop full-body strength.
CARDIO KICKBOXING	2	A free-style (no bags) Kickboxing class with a focus on proper Kickboxing technique and cardio-vascular training.
CARDIO & STRENGTH	2	This class is divided into 2 segments to provide a balanced mix of cardio and strength training.
CHAIR YOGA	1	Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.
CORE	all levels	This class is focused on exercises to strengthen the core muscles of the abdominals, back, and hips.
DANCE FITNESS	2	This fun and easy to follow cardio dance class combines high-energy and motivating music with moves that make you feel like you are partying on the dance floor.
FLUID STRENGTH FUSION	all levels	A fluid, challenging strength class incorporating techniques drawn from Pilates and Barre utilizing gliding discs, resistance bands, stretching and more to activate and strengthen your core and enhance your body's strength, posture, alignment, balance and flexibility.
HIIT	2	This High Intensity Interval Training class includes athletic training drills and high-intensity intervals using equipment & body weight.
INTERVAL TRAINING	2	Circuit based interval training class combining cardio and strength exercises for a total body workout.
KETTLEBELLS	2	This class utilizes Kettlebells for an emphasis on total body functional training.
LIFT	2	This class uses weighted bars and plates to improve total body strength utilizing the 3 major lifts: Squat, Dead Lift and Bench Press, as well as incorporating other strength training exercises.
PILATES	2	This class uses Pilates mat exercises to concentrate on strengthening the core muscles of the abdominals, back, and lower body.
SPIN 45	2	Spinning, the original indoor cycling program, is an unmatched way to make your fitness goals a reality. Please arrive 10-15 minutes early to set up your bike. All bikes equipped with SPD pedals and wattage/power meters.
SPIN ABS	2	This 55-minute class is 40 minutes of a traditional Spin class finished off with 15 minutes of abdominal and core work.
STRENGTH	2	Build a strong body by utilizing a variety of strength training exercises using free weights and body weight.
STRENGTH POWER CIRCUIT	all levels	Circuit based interval training class combining strength and power exercises to maximize energy output and strength gains.
STRETCHING	all levels	A 30 minute class that uses static and dynamic stretches to increase muscle control, flexibility and range of motion in the body.
TABATA	3	This HIIT style class follows the Tabata Protocol of interval training. 20 seconds of max anaerobic effort with 10 seconds of rest for a total of 8 rounds = 4 minutes of a powerful training set.
TRX	all levels	TRX which stands for Total Body Resistance Exercise , is revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.
YOGA 1	1	Yoga 1 classes are appropriate for new students who have little understanding of yoga or for students who would like a gentle, slower-paced class. All levels of experience can benefit from a Yoga 1 class, as it serves as a foundation to any Yoga practice.
YOGA 2	2	Yoga 2 classes are designed for those who have a good understanding of the basic yoga postures, and have begun to explore a wider variety of poses and styles.
YOGA 3	3	Yoga 3 classes are designed for more experienced yogis with a very solid understanding of basic yoga postures who are comfortable performing more advanced poses.
RESTORATIVE YOGA	2	A restful practice at a slow pace focusing on long holds, stillness and deep breathing.
SUNRISE YOGA	all levels	This Hatha Yoga class helps you to welcome in the new day with slow, mindful movement coordinated with the breath. You will have time to wake up your body, as well as find space to connect body and mind through a combination of meditative and physical practice.
ZUMBA	2	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to give you a full body workout.
ZUMBA GOLD	1	The easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold® classes provide modified, low-impact moves for active older adults.
CLASS LEVEL DESCRIPTIONS		<p>1= Beginner/ Basic Level</p> <p>2= All Levels: Can be modified to meet beginner needs or intermediate/advanced needs.</p> <p>3= Intermediate/Advanced: Recommended for experienced participants with a strong fitness base.</p>