



GROUP FITNESS CLASS DESCRIPTIONS

RESTORATIVE YOGA

This class is a chance to slow down, cultivate mindfulness, and surrender into the release of longer held poses. Help prevent and heal injuries, enhance athletic performance, increase flexibility, release tension, reduce stress, and nourish body, mind and spirit.

FREE YOUR MIND/BODY YOGA

This class is geared toward improving movement quality and mobility to support any form of physical training. Using a blend of modern myofascial release, fascist fitness, and mobility movements with ancient knowledge from the practices of yoga, qi gong and tai chi you will liberate the body and mind from habitual patterns that lead to physical and mental limitations

BALANCE YOUR MIND/BODY YOGA

This alignment focused yoga class draws from the tradition of Hatha Yoga. Hatha literally means "force" and by understanding the forces that influence the body and mind through slow and purposeful movement, posture and breathe you will refine how the brain and body communicate to optimize muscle recruitment and respiratory capacity. Learn the true meaning of strength training by integrating your body and mind in this slow paced, yet fully engaging practice. Strength, flexibility and balance are all improved through this ancient form of yoga.

UPPER CUT

This high-intensity interval workout combines boxing techniques and core exercises to shape and sculpt your upper body. "Upper cut" not only teaches boxing skills but is also designed to increase muscular strength and cardio endurance. It is the perfect class to focus on muscle tone and definition. A variety of core exercises will not only improve your core strength but will also burn excess calories to help you achieve all of your fitness goals.

KICKBOXING

During this class you will learn kickboxing techniques, boxing moves, partner combos, boxing bag and mitt work. Kickboxing activates muscles not typically utilized during other types of workouts. This class is an intense workout, but your focus on mastering proper technique will make you forget you're working out. This class is full of exercises that will also improve your flexibility, mobility, coordination and balance.

POWER KICKBOXING

This combination of kickboxing moves and strength exercises will build strength as well as increase your calorie burn. This 45 min workout is perfect to shape your body. The strength portion will focus on defining your legs, gluts, core and arms. While the kickboxing intervals in between will speed up your metabolism to help you burn fat and lose weight.

BOX AND RUN

Running doesn't have to be boring, in Box and Run we've combined a variety of partner boxing drills and boxing bag work along with running intervals to keep your body moving non-stop. This 45 minute cardio class targets the entire body. This type of routine builds strength, speed, cardiovascular endurance and will be an instant metabolic boost.

TOTAL BODY TUESDAY

This full-body strength and conditioning class is designed to improve your functional strength and fitness as well as your metabolic conditioning level. The class utilizes free weights, resistance, and your own body weight to help you attain your fitness goals. Modifications for all fitness levels are provided.

STRENGTH AND MOVEMENT

Move with a purpose while toning and building lean muscle. Enjoy breaking a sweat knowing you are getting stronger. Utilizing sand bells and dumbbells you will build functional strength that is useful inside and outside the weight room.

CARDIO STRENGTH CIRCUIT

Energize your metabolism with circuit style training using body weight, jump ropes, free weights, and much more. This total body condition class will get you moving and build endurance.

MAT PILATES

This 1 hour class involves a series of classical Pilates exercises performed on a mat. Each exercise emphasizes breath, core conditioning, and body awareness. Movements are coached to focus specifically on the posture alignment and structure of each participant in order to optimize their movement.