



Group Exercise Class Descriptions

Cycle

Indoor cycling is an intense, low impact cardiovascular workout for all fitness levels. Our amazing instructors will take you through various drills designed to get your heart pumping and sweat flowing. Burn calories and improve your overall fitness while listening to driving music. Please show up 15 minutes prior to the start of class if it's your first time, we will fit you to your bike and you're all set!

Core de Force/PiYo Mashup

CORE DE FORCE/PiYo Mashup: Core De Force is a mashup of mixed martial arts inspired workout that is high energy, non-contact, and is a total body sculpting class. PiYo is a music-driven, athletic workout programmed to music that is inspired by Pilates and yoga. They are a perfect mashup of strength, conditioning, stretch and cardio class all rolled into one. Taught in a progressive manner for all levels of fitness.

Boot Camp

Get in shape fast with our moderate to high level interval circuit training! Consisting of a 3 phase system, and multiple stations to keep your heart rate up and keep you moving. Good for most fitness levels and modifications will always be given.

Insanity

INSANITY LIVE: Interval training that focuses on athletic drills, body weight sculpting, plyometric and cardio conditioning. Taught in a progressive manner for ALL levels of fitness.

STRONG by Zumba®

Strong is a fun and revolutionary new high intensity interval class. Don't be confused by the name....no dancing at all!! Rather, the class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

ZUMBA®

Zumba is a fusion of Latin and International music / dance themes that create a dynamic and exciting class that's based on the principle that a workout should be "FUN AND EASY TO DO!" The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a "feel-happy" workout that is great for both the body and the mind.

TRX

Improve strength, balance, flexibility and core stability using the TRX suspension trainer. TRX leverages gravity and the users own body weight to complete hundreds of highly effective exercises.

