



## Group Exercise Class Descriptions

### **Pilates Mat**

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

### **Yoga**

A dynamic, vigorous form of Vinyasa yoga. Synchronizing breath with movement, you will gain strength, flexibility and balance... but be prepared to break a sweat!

## Small Group Training Class Descriptions

### **Boxing**

All fitness levels welcome. A 45 minute group training session grounded in technique based boxing. 12 rounds of warm up, heavy bag, double end and speed bag work with focus mitts. Gain the experience of endurance and sports specific training.

### **Power Hour:**

Power hour is the complete group strength and conditioning class that is perfect for any goal. Each class is efficiently programmed to help build a strong foundation of movement (mobility/stability), strength and power while improving conditioning and incorporating fun and challenging exercises to keep it fresh. This class offers experienced coaching and provides an atmosphere that helps create community, accountability and motivation.

### **HIIT Class:**

HIIT (High Intensity Interval Training) is a high-energy group workout that alternates periods of higher intensity work with shorter periods of lower intensity work. HIIT is an effective workout method that helps improve the bodies' ability to burn fat while continuing to keep muscle. This style of training will keep you constantly moving through a variety of exercises and modalities keeping it fun and exciting.

