



CLASS DESCRIPTIONS

Yoga Flow 60 min. alignment based vinyasa class. All levels are welcome to explore this yoga class through a series of postures that will make you feel longer, stronger, and more balanced.

Get your body back/ You Still Got These 60 min. non-impact classes are designed to help individuals of all fitness levels regain strength in their muscles and joints and learn different techniques to maintain good fitness for life.

HITT For Lunch :45 minutes, perfect for a lunch break workout. This class will consist of a warm up, high intensity work strengthening the cardiovascular system and all the muscles in the body, finished up with stretching and a cool down. No workout is ever the same, so keeping your body always prepared for anything will boost your metabolism and make you an over-all much healthier person.

Lactic Lunch This 60 min. group cycling class starts with 30 minutes on the bike. The second half of the class will be strength, balance and flexibility. Exercise modifications can be made to fit your ability level.

Abs, Buns & Guns This 60 min. class will revolve around core strength and building up the body parts that we all want to show off. It will focus on toning, firming and shaping these areas using conventional and non-conventional methods while learning and having fun.

Rock your wake up This 60 min. low-impact class will boost your metabolism, strengthen all your muscles and bones, lengthen and create more mobility in muscles and joints, and leave you ready for a great day.

Get your rear in Gear This 60 min. class starts out on the bikes and finishes with some great core strengthening work on the Rip 60 ropes that will boost your metabolism, and leave you ready for a great day.

Suck It Up Buttercup This 60 min. cycling class is geared for those wanting to work hard and reach fitness goals in a very motivating and positive environment. Workout goals will be discussed at the beginning of each class. Be ready to have fun and get a great sweat on!

Cycle/Core This 60 min. group cycling class welcomes all abilities and will give you 45 minutes of cardio work with varying intensity, working on intervals, endurance and strength. The last 15 minutes will be core strength and flexibility.

Pedal Power 60 min. high-energy cycling class, in which you'll perform intervals, climbs, and descents to deliver a full-body workout, targeting glutes, quads, hamstrings, and of course, the heart, giving the rider an intense cardio and fat burning workout.

Pilates 60 min. Based on the teaching of Joseph Pilates, this class focuses on the 6 principles of breath, alignment, core, strength, flexibility and concentration utilizing

physio balls, thera bands and foam rollers. You will feel a difference in 10 sessions, see a difference in 20 and have a new body after 30!

Hatha Flow Yoga 60 min. Creative flow with a warm-up, core work, cool down and savasana. Inversions may be included. All ability levels welcomed.

Foam Roller 45 min. Roll out your muscles and joints with the use of a foam roller and feel super after!

Oula 60 min. This fun class consists of dancing and freely moving your body to great music.

Hatha Yoga 60 min. A variety of gentle yoga poses to improve balance, strength and flexibility.