

## CARDIO+STRENGTH

*Classes are 55 minutes in length unless otherwise stated.*

**body beatz** This high energy class will keep you moving to the beat with easy to follow, fun choreographed strength and cardio routines.

**cardio muscle mix** A 45 minute cardio resistance class. This class combines blocks of strength training and cardio moves. Your heart rate stays elevated to help you blast fat, boost your metabolism, and burn calories.

**core & stretch** A 15 minute express class.

**head to toe** Our signature total body weight resistance class.

**step** A highly choreographed aerobic workout using a step bench.

**strength (30)** No time to work out? Give this 30 minute strength training class a try.

**team kick** A high intensity, choreographed class combining martial arts, boxing, and kickboxing to get the heart pumping and the body toned. Routines change every 12 weeks.

**zumba @** A Latin inspired dance fitness class. Zumba combines high energy and motivating music with unique moves and combinations.

## \*CYCLE+RIDE

*Classes are 50 minutes. Pre-register online 48 hours prior to class, or register at the member service desk 24 hours prior. Limit 27 or 20 depending on the type of class.*

**hiit cycle** Incorporate the studio cycle method with bouts of interval training. Burn tons of calories in this sweat inducing class designed to take your fitness to the next level

**rev cycle** A full body workout inspired by the best tone cycling classes on the market. Sculpt lean muscles using 2-lb hand weights, while building strength and stamina through sprints, hills, and core work.

**rhythm ride** Cycle to the beat of invigorating music. Be prepared for some cycle drills, helping to build endurance and strength.

**spin & stretch** This class begins with 30 minutes of spin, followed by 15-20 minutes deep stretching.

**studio cycle** Sprint, climb, jump, and build endurance and strength in this class designed for results.

**retro ride** Saturday morning 7:10am ride and sweat to the music of the past decades.

**club spin** Saturday morning 8:15am spin to all the current hits that makes your body want to move.

## INTERVAL TRAINING

*Classes are 45 minutes in length.*

**body breakthru** Break through your fitness plateaus with this high intensity, metabolic conditioning class. A method of training that is designed to burn calories both during your workout and post exercise.

**tabata** The Tabata Method consisting of 20 seconds of high intensity training, followed by 10 seconds of rest, performed eight times, is scientifically proven to change your body.

**tb training (total body training)** A series of 4 minutes of strength training followed by a tabata interval.

## MIND+BODY

*Classes are 55 minutes in length unless otherwise stated.*

**asana yoga** Move your body with breath in this dynamic flowing practice designed to invigorate and challenge yourself without judgment. Build strength, stamina and improve flexibility. Room is heated. All levels welcome.

**gentle yoga** Stretch, strengthen, breathe, and relax with this restorative class.

**yoga-meditation** Relax both body and mind by combining gentle, restorative yoga with breathing and meditation.

**yogalates** Combines core-focused Pilates techniques with powerful yoga sequences to improve strength and flexibility.

**vinyasa yoga** A vigorous class, characterized by flowing poses that are linked to breath, to improve strength and flexibility. Classes are diverse and sequences will vary with instructor. Room is heated.

**mat pilates** A non-impact form of strength and flexibility training, focusing on core muscles. All levels welcome.

## \*BARRE

Classes are 60 minutes. Pre-register 30 minutes prior to class at the member service desk. Limit 30 participants.

**\*barre** Barre is for all levels of fitness. Start with a warm up and a sequence of upper body exercises using light free weights, push-ups and plank. Then move into a series of barre or floor exercises that focus on the thighs.

**\*barre beatz** This barre class will elevate your heart rate as you move and sweat to the beat of the music.

**\*barre-lates** 25 minutes of barre work and 25 minutes of pilates mat work.

## PRIME MOVERS

*A total body program designed specifically for the needs of the mature population as well as beginner exercisers.*

**prime movers** A 55 minute class including aerobic moves, strength, balance, and flexibility.

**prime c.b.s. (prime core, balance, and stretch)** A 45 minute class incorporating core work infused with balance moves and stretching.

## STUDIO ETIQUETTE

\*For your safety, please arrive on time and stay for the duration of class. Arriving late for mind/body classes will not be allowed.

\*Yoga mats are not provided for mind/body.

\* Grip Socks are required for our Barre Program.

\*Please remember, there are no reserved spots or holding of spaces for class.

\*Personal Hygiene: please wear clean exercise clothing and sneakers.

\*Please refrain from wearing perfume.

\*Cell phones and pagers must be off or on silent mode at all times while in the studios.

\*Members are not to use stereo equipment or adjust AC units.

**We reserve the right to cancel classes with low attendance. Classes and teachers are subject to change without notice.**