

# GROUP FITNESS CLASSES

- » **Optimum Burn** - This is our signature high energy, calorie torching HIIT class combining cardio, weights, bands and core exercises.
- » **Barre/Heated Barre** - Barre combines ballet inspired moves with elements of Pilates, yoga and strength training. This class will focus on high reps of small range of movements working those intricate muscle groups for a total body burn.
- » **Heated Power Yoga** - A dynamic mix of flow sequences and poses in a heated room to loosen muscles, sweat out toxins, build strength and increase flexibility.
- » **Heated Yogalates** - Yogalates combines yoga with the core strengthening benefits of Pilates. In this heated style class - expect to focus on core stabilizing and full body strength.
- » **Yoga Flow** - This style of yoga will focus on transitions and movements with less time in stationary poses. It is an ideal class for functional recovery or another layer of vitality to any athlete's performance and discipline.
- » **Burn N Flow** - Burn N Flow is upping the yoga flow game with an element of toning. Core, cardio, props to add strength and focus to a flow yoga class. Burn it, flow it, relax it.
- » **Booty N Core** - Target these specific muscle groups that are usually ignored. You will work on building your glutes and strengthening your core while increasing athletic performance.
- » **Groove N Tone** - This is an aerobic workout focused on endurance and toning while having fun, breaking a sweat and moving to the music.
- » **Burn N Tone** - This class is focused on light weight toning and strengthening getting you in the fat burning zone. Music based and modifications suitable for all fitness levels.
- » **Mat Pilates** - A challenging total-body workout inspired by traditional Pilates techniques working breath, alignment of spine, core strength and developing balanced muscles.
- » **StepBox Blast** - This high energy class combines step aerobics, kickboxing and strength training for a full body workout.
- » **Cardio Kickbox Combo** - This high energy class combines step aerobics, kickboxing and strength training intervals for a full body workout.
- » **Cardio Dance** - This high energy class combines step aerobics, kickboxing and strength training for a full body workout.
- » **Piloxing** - This high energy interval class combines boxing combinations, standing pilates and a little bit of dance to get you sweating and burning calories. This is a preferred barefoot method but shoes can be worn.
- » **Beginner Cycle** - This is a 30 minute class for all levels. Let's get you comfortable on your bike by teaching you how to set up properly and learn the sprint shift and resistance. You will also learn hill climbs, jumps, sprints and more.
- » **Beginner Yoga and Meditation** - This class promotes relaxation and offers powerful healing properties. It will be a mix of Qi Gong and Yoga Nidra. All levels welcome.

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## PREMIER CLASSES\*

- » **Adult Performance** - This class allows you to step inside the sports performance center. Unlock your inner athlete and train with a certified performance coach who will push you to your limits through strength training and cardio sessions.
- » **Cycle** - We are offering power and beats rides in a state-of-the-art studio featuring high energy music and lights. Set your goals and track them through personal data tracking. Take your ride to the next level with us!
- » **CycleBurn Fusion** - This class starts with 30 minutes on the bike and then we take it to a mat with weights to get that full body BURN!
- » **CycleFlow Fusion** - This class will start on the bike then will end on the mat with a nice yoga flow to calm the body and mind.

\*additional fees apply