

# Class Descriptions

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## Aqua Fit

Enjoy all the benefits of cardio and strength exercises in the water. A very joint supportive environment-the ultimate in cross training.

## Bootcamp

Cardio & strength put together in a workout that changes week to week and utilizes TRX, battle ropes, weights and more. Start your day right!

## Conditioning/Strength Training

Strength moves on TRX, circuit machines or free weights, alternated with calorie crushing cardio bursts. Get cardio & strength together in one energetic class! This class may be held in the studio, TRX or weight room.

## Fit for Life

A cardio class with easy to follow moves that keeps your body moving and your brain in the game! Strength training exercises and stretching are also included. All levels!

## HIGH Fitness

HighFitness is a format that incorporates interval training with popular music. It's simple to follow choreography alternates between cardio peaks and toning tracks. Big calorie burn!

## Hi-Lo Fit & Barre

30 min of HighFitness (more lo impact options)  
30 min of Barre which focuses on core & gluts  
Best of both worlds!

## HIIT/Total Body

Rev-up your metabolism with this fun and effective interval workout. Exercises that bump your heart rate and alternate with short rests and strength moves. A total body workout with variety and options provided.

## Muscle Blast

Work your whole body in this weight training class which uses bars, dumbbells and bands to strengthen muscles and build endurance.  
Strength training is for everyBODY.

## Step

Movements are done on a step platform. This class puts simple to complex movements together to form a great cardiovascular workout that will challenge mind & body.

## TRX

Suspension training straps are used to push, pull, lift and strengthen your body and make your body your machine. Adaptable for all levels.

## Yoga/HIIT & Flow

Lengthen, strengthen and relieve stress the yoga way. Work your body through controlled movement in both standing and mat work. Adaptable to all levels  
HIIT & Flow adds cardio/core intervals in between yoga movements for an extra challenge. Please bring your own mat.

## Class Guidelines

1. Instructors want you to have a positive experience. They want to answer your questions and help provide modifications.
2. Bring a water bottle to class to keep hydrated.
3. You know your body best - modify your workout as needed.
4. In consideration of others, please refrain from wearing perfume or cologne.
5. Please note the class schedule is modified periodically to address member feedback and participation level. Instructors are subject to change due to subbing or schedule change.
6. Participants 12 years and older are welcome in classes.
7. Please bring a cleaning bottle and towel (provided at the front desk) to class to clean your equipment.