Group Exercise Class Descriptions

BodyBlast
This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!

BodyPump™
The original Les Mills™ barbell class that will tone, sculpt, and strengthen your entire body, fast! This class challenges all of your major muscle groups while you squat, press, lift, and curl.

Bootcamp
Your cardiovascular and muscular fitness will be challenged in this class which incorporates calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session.

Cardio Dance
This class combines house, hip-hop, and the latest dance moves into a fun and energizing calorie burning workout! No experience necessary!

Core Conditioning
This 30 minute class will not only give you an excellent abdominal and low back workout, but will also challenge your other major muscle groups as well.

Cycling
This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout!

Hardcore ‘n more
A total body workout using all different types of equipment and exercises. Cardio intervals will be mixed in with resistance moves that will tone and sculpt your body. Focuses on moves that require stability and will engage your core muscles. It’s a great way to mix up your workout routine
**H.I.I.T**
Take your workout to the next level with High Intensity Interval Training. This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals.

**PiYo®**
Looking to build strength and gain flexibility? This class will challenge you and make you sweat! Be ready to feel energized and powerful. Develop sculpted abdominals, increased core strength, and greater stability.

**Run ‘n gun**
This circuit based class will incorporate different running intervals and strength based exercises which will keep your heart pounding as you work your entire body!

**Total Tone**
This complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned body!

**TurboKick®**
Turbo Kick® is an addictive workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga and simple dance moves in a party atmosphere. Turbo Kick® is an interval based class that allows participants of any fitness level to participate and custom tailor their workout.

**Zumba®**
Inspired by traditional cumbia, salsa, samba and merengue music, Zumba® is a combination of Latin rhythms and red-hot international dance steps. Zumba is Spanish slang for "to move fast and have fun." The goal is simple: work out, love working out, get hooked and have fun.