GROUP EXERCISE CLASS DESCRIPTIONS

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

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

**Cycling & Abs**
A fusion of two butt-kicking classes! Begin your workout with a 40-minute ride. Finish with a 20-minute Ab workout that will leave you feeling energized!

**INTENSIFY**
This class is guaranteed to make you work hard and have fun! By utilizing multiple workout formats and equipment you will target all the major muscle groups in one single workout! This class will help improve your cardio, strength, and flexibility!

**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.

**Total Body**
A strength training class targeting major muscle groups using various equipment and body weight. Total body incorporates bursts of cardio into movements intended to help you tone all major muscles.

**TRX™**
Build your core, increase muscular strength and endurance, and work on your flexibility and balance with the TRX® Suspension trainer. TRX® training is effective for any fitness level as it focuses on using your body weight against gravity. Join us to have some fun on the suspension trainer and learn the 100’s of exercises you can do on just one piece of equipment!

**Yoga**
Breathing techniques move participants rapidly from one pose to another. Classes focus on body weight bearing exercises, torso stability and intermediate balance.

**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.

**Zumba® Step**
Looking to feel the burn while strengthening and toning your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.