

Live Class Descriptions

- **Bootcamp:** (*Beg/Int*) Experience a creative and challenging full body workout through the combination of strength and cardio based exercises that use a wide variety of equipment.
- **Barre Fusion:** (*Beg/Int/Adv*) Hybrid workout class featuring elements of Pilates, Ballet, Yoga, and Strength for a unique workout. Small weights may be utilized during the workout.
- **Chair Yoga:** (*Beginner*) Using a chair as a prop, this class includes breathwork, flexibility, balance, and strength. A quarter of the class is done seated, and the rest will involve standing and balancing poses. Occasionally you will be lying down with the option to remain seated.
- **Core:** (*Beg/Int*) These workouts include a variety of core activities to improve your strength. Equipment is optional in this class.
- **Body Blast** (*Beg/Int/Adv*) A full body workout with 10 min of cardio, 10 min of strength, 10 min of core.
- **Gentle Yoga and Yoga Fit:** (*Beg/Int*) The focus of these classes is on a different theme and yoga postures each session. Modifications are given for each pose.
- **HIIT:** (*Int/Adv*) High energy workout involving bouts of high intensity effort followed by varied recovery times.
- **Metcon:** (*Int/Adv*) This class includes exercises that vary from moderate to high intensity using multiple muscle groups and exercise formats. After this workout, your body's metabolism will be elevated, and caloric burn will increase.
- **Mobility/Stretch:** (*Beg/Int/Adv*) This 15-minute class is designed to be a break in your day to loosen your body and relax your mind. If you have a foam roller, bring it along!
- **Pilates:** (*Beg/Int*) This class is focused on full body strength with an emphasis on core, balance, flexibility, and functional movement.
- **Pilates Fusion:** (*Beg/Int*) - A Pilates inspired class that will focus on core strength.
- **Kickboxing:** (*Beg/Int*) Work on your cardio fitness through punch and kick combos as well as body weight exercises that will keep you moving the whole time.
- **Kettlebell:** (*int*) Swing into fitness with an intense kettlebell workout. This full body workout holds little back and burns plenty of calories even when moving slow.
- **Total Body Workout:** (*Beg/Int/Adv*) Save time by having a highly curated full body workout to hit every muscle group you need!
- **Circuit:** (*beg/int*) the gym floor is your oyster with this class. Moving station to station, this class is designed to target every muscle group with amazing accuracy!

Class Intensities:

Beginner (Beg): These are designed for beginners or recently returning to exercise after more than 3-month break. You should be able to sing a song while completing this workout. There will be no jumping and you can expect controlled transitions to the floor.

Intermediate (Int): These are designed for someone that has exercised regularly within the last 3 months. You should be able to speak a sentence while completing this workout. There will be jumping with modifications available, and you can expect controlled transitions to the floor.

Advanced (Adv): These are designed for someone that has exercised regularly and is looking for high intensity. You should be able to speak one or two words at a time between breaths during high intensity intervals. There will be jumping and quick transitions from the floor to standing.