

## 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.
- **Fit Basic:** (*Beginner*) Class designed for those new to exercise, returning from a break, or in a recovery phase. Movements will be low-impact and done from a standing position.
- **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.
- **Lower Body:** (*Beg/Int/Adv*) This class will focus primarily on all the muscles from the waist down. You should expect to build strength, stability, and endurance!
- **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!
- **Cardio N Core:** (*Beg/Int/Adv*) This class will improve your aerobic fitness and core strength. These cardio n core workouts will be a mixture of cardio, core work, and endurance.
- **Ski Prep:** (*Beg/Int*) Get ready for the winter sports season by strengthening your body! Class will progress to have you ready to hit the slopes by December!
- **Slow Burn:** (*Beg/Int/Adv*) This class will challenge your body with high reps and lighter weights giving your muscles a burn! This is a lower impact strength-based class.
- **Upper Body:** (*Beg/Int/Adv*) This class will focus on working all the muscles from your shoulders to your waist. Challenge your shoulders, back, triceps, biceps, and more with this 30-minute strength focused class!
- **Zumba:** (*Beg/Int/Adv*): Fast-paced Latin dance inspired cardio class. Low and high impact options will be shown.
- **Squat Clinic:** (*Beg/Int/Adv*) This class is focused on improving both squat fundamentals and overall squat strength and power through a 30-minute workout. Personalized instruction is available during this in person clinic.
- **Pilates:** (*Beg/Int*) This class is focused on full body strength with an emphasis on core, balance, flexibility and functional movement.
- **TRX:** (*Beg/Int/Adv*) This class utilizes TRX Straps to provide a full body strength workout that requires plenty of core engagement throughout.

**-Cycle: (Beg/Int/Adv)** This is a 30-minute fast pace class on a stationary bike that includes different speeds, intensities and intervals. This class will get your heart pumping to build your cardio endurance.

**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.