

## Live Class Descriptions

**-Bootcamp:** (*Intermediate*) Experience a creative and challenging full body workout through the combination of strength and cardio based exercises that use a wide variety of equipment.

**-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 & Mobility:** (*Beg/Int*) These workouts include a variety of core activities to improve your strength. Equipment is optional in this class. This class will also work on full-body range of motion and stability.

**-Fit Basic:** (*Beginner*) Class designed for those new to exercise, returning from a break, or in a recovery phase. Movements will be low impact, largely done standing or seated position.

**-Gentle Yoga and Yoga Flow:** (*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!

**-Metabolic Burn:** (*Inv/Adv*) This class includes exercises that vary from moderate to high intensity using multiple muscle groups and exercise formats. Expect AMRAP (as many rounds as possible), EMOM (every minute on the minute), etc. After this workout, your body's metabolism will be elevated and caloric burn will increase.

**-Midday Metcon:** (*Int/Adv*) Improve your overall fitness as you work your way through exercises to improve your cardio, strength, endurance, and flexibility!

**-Mobility/Stretch:** (*Beg/Int/Adv*) This 15-minute class is designed to be a break in your day or maybe even a break in between the workouts that come before and after this class! If you have a foam roller, bring it along!

**-Quick HIIT:** (*Beg/Int/Adv*) This 20-minute quick high intensity class is designed to get your body moving and feeling good! These full-body workouts will be a mixture of cardio, strength, and endurance.

**-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.

**-Strength:** (*Beg/Int/Adv*) This class will leave you feeling stronger than ever. A mixture of dumbbell and body weight movements will increase strength, stability, and muscular endurance. All levels are welcome.

**-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!

### 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.