

GROUP FITNESS CLASS DESCRIPTIONS

CARDIO CLASSES	
CARDIO MIX	Try a different type of cardio class each week. Change is the main theme of this class as each week you will be treated to a different type of cardio class. Some weeks may include step, hi/lo, kickboxing, skipping and more.
CARDIO CHALLENGER	This class is not for the beginner exerciser! An hour of advanced cardio will make you work like never before. This class is geared to those who do not like advanced choreography, but love intensity! Based on intervals and sports drills, Cardio Challenger is designed to take the advanced cardio guru to the next level! Come out and see how far you can be pushed.
R.A.W (REAL ATHLETIC WORKOUT)	A circuit style class using a variety of equipment which will give you all the cardio and toning you want without the choreography. This class will leave you wondering where the time went!
BIKE & BOOTCAMP	This class has it all! Biking to get your heart and lungs pumping, high intensity strength and cardio training & core! This class is where the results are!
OUTDOOR BOOTCAMP	Get back to the basics with this intense, no frills workout. A combination of high intensity cardio and strength intervals to challenge you! Get ready to sweat!
MUSCLE CONDITIONING CLASSES	
ABS EXPRESS (FREE CLASS)	Join in this class for some serious abdominal training! With tons of variety in both exercises and equipment, this class will keep your abs firing for days to come!
STRENGTH RX	A total body muscle conditioning class that will make your muscles burn! Tons of variety and lots of hard work. This class is guaranteed to get you the results you are after.
TOTAL BODY CONDITIONING (T.B.C)	Do you get bored with the same old thing? Looking for variety? Or just want to try a little bit of everything to see what different classes are like? Then this is the class for you. Different classes and instructors each week.
ONE MINUTE WORKOUT	One minute is the key to this workout –one minute per exercise that is! Muscle response to this workout will blow you away! Through a series of exercises that will target your full body, this workout is one you won't want to miss!
20/20/20	20 minutes of cardio, 20 minutes of strength training, 20 minutes of Pilates. This class has it all! In this one hour workout, you will get a cardio component that is high intensity with lots of variety. Styles will range from hi/lo to stability ball, anything goes. Then hit it hard with a quick, but effective strength training workout that will target the whole body in just 20 minutes. Finally, finish your class with Pilates, what could be better? Everything you need in 1 hour! Class is open to all levels of fitness
CYCLING CLASSES	
ABSOLUTE CYCLE	This one hour workout includes 40 -45 minutes of indoor cycling followed by a challenging abdominal workout.
LONG RIDE	Precision Cycling made longer! Push yourself to your limits with this one and a half hour class.
PRECISION CYCLING	One of our most popular programs ever. Cadence rides, imagery, speed and high intensity intervals that will take you to the next level of aerobic and anaerobic training.
STRETCH CLASSES	
YOGAFLOW	This class combines elements of Hatha Yoga with traditional fitness exercises and stretching routines. It is a hybrid yoga specifically designed for active people and the mainstream fitness industry. The class will increase muscle ton, flexibility and better overall health and fitness.
FREESTYLE YOGA	Any style, any form. This yoga class will give you the opportunity to get a feel for all aspects of what yoga can offer. A great way to experience everything yoga has to offer.