### Group X Class Descriptions

#### Mind/Body

**Flex & Flow**: An intense vinyasa yoga class that combines traditional yoga, pilates-yoga fusion and core work to build strength, gain flexibility and provide a greater mind and body balance through a challenging yoga flow. Each class is led to empower, energize and engage your mind and body. Hands-on adjustments and modifications are provided for those new to yoga and new poses and deeper openings are offered for experienced yogis. Great complement to any workout regimen, especially athletes and weight-lifters.

**Power Yoga**: This is a strong form of Yoga focusing on muscular endurance & flexibility. Emphasis is on poses and teachings derived from Ashtanga Yoga. Participation is open to all levels.

**Partners Yoga**: Working in tandem with a partner, this beginner friendly workshop will cover fundamental, therapeutic and acrobatic poses, as well as techniques to fly, base and spot safely. Partners/friends encouraged, but not necessary.

**Barre Blends**: If you are looking to build long, lean muscle with ballet based movement this is the class for you! Define and strengthen in this unique and challenging workout that targets your arms, abs, hips, butts and thighs. This intense fusion of Pilates, sculpting, and ballet-based exercises will change the way your body looks – longer, leaner and stronger!

**Yoga**: Looking for the yoga class to get energized while helping you build strength and flexibility? This upbeat, creative yoga practice, seamlessly linking breath and movement, will keep you present as you learn to move gracefully in and out of poses. Utilizing Sun Salutations, strength building and connected movements, Yoga will build confidence and help you stay present and centered. Flowing around the obstacles that come your way, this energetic practice will empower you with the strength to face anything.

#### Cardio

**Kickboxing**: A great workout for everyone interested in improving their fitness & stamina. This class is flexible to serve the needs of all students - it will get beginners into shape, it will challenge advanced athletes, & both men & women are welcome! Class format integrates combinations of punches, kicks, & heavy-bag work. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, & get an awesome workout.

**Cycle**: This is an indoor adventure on a stationary bike to simulate a real road experience. You will experience interval training that incorporates hill climbs, flat roads and speed work. Regular participants will benefit from increases in cardiovascular endurance and increased strength. Heart rate monitors are highly recommended. A towel and water bottle are required. This workout can be as moderate or as challenging as you need.

**Interval Mixx**: Take your workouts to the next level with Interval Mixx Training. This class will build muscular strength and improve cardiovascular fitness by using intense strength and cardio exercises performed at specific intervals.

**Road Glide**: During this class, the instructor simulates hill-climbing, sprints, and races. It is truly a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you, and the music. Get prepared for the workout of your life!

**BollyX**: Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time.

#### Strength/Endurance

**Gravity Strength**: These exciting strength classes are held on our Gravity trainers. Gravity trainers are the commercial line of the popular “Total Gym.” Gravity Strength will heat up all the major muscle groups for an incredible total body workout. Each participant works at his/her chosen level of resistance. Participation is limited to 10, so come early.

**Insanity**: Instructors are now certified and bringing Insanity to health clubs and gyms in your area!! In this class participants perform long bursts of maximum-intensity exercises with short periods of rest. Each workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX. The result: burn up to 1,000 calories in an hour and get the most insane body possible.

**HIIT Training**: High Intensity Interval training is one of the most effective types of interval training. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class gives you the results you are seeking. This is a total body conditioning class where ALL fitness levels can expect to be challenged.

**Power Core/Core**: Targeting your entire torso, including back and core muscles. A strong core leads to strong, fit body that will be less prone to injury. This class is a wonderful complement to all group fitness classes.

**BootCamp**: Get in shape “boot camp” style! Experience high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed to “make it rain” sweat! From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant’s body weight, each class brings its own unique challenges. No two classes are the same!