

JANUARY 21-MAY 10 *GX* CLASS DESCRIPTIONS

BODY SCULPT: This strength class focuses on your entire body using a combination of strength training and body weight exercises. Get a great sweat with cardio and strength focused interval training.

FIT IN FIVE: A total body workout class that features five circuits of hybrid moves. These hybrid moves target major muscle groups and incorporate techniques from various fitness practices, such as Yoga, Pilates, and Plyometrics. The cardio intervals at the top of each circuit are sure to get your blood flowing and fat burning, while the subsequent combinations are sure to improve your strength, coordination, and muscle tone. Modifications are offered; all fitness levels are welcome.

YOGA SCULPT: Yoga Sculpt is a class that incorporates hand weights and high-intensity cardio bursts for a maximum calorie-burning effect. All of the postures come from regular yoga classes and the hand weights add a new challenge to traditional yoga classes. Yoga Sculpt also incorporates cardio exercises to get the heart pumping and blood flowing. And of course, there's always a challenging core workout mixed in. **GRAVITY:** 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.

HIIT: High Intensity Interval training is one of the most effective workouts for the busy student with simple, yet intense timed exercises. This is a total body conditioning class where ALL fitness levels can expect to be challenged.

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WELLBARRE: WellBarre is a hybrid workout class combining ballet conditioning movement with elements of Pilates, yoga and strength training. WellBarre focuses on empowering all bodies to feel strong and welcomes all levels of dance and fitness.

BALLET BURN: Ballet Burn is a dynamic exercise class incorporating elements of ballet, strength, balance and cardio intervals. No previous dance experience is required, but we will incorporate dance technique into an upbeat, energizing, and whole body workout

ZUMBA: This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with unique combinations that make you feel like you are on the dance floor.

HOLLYWOOD: The class will include elements of dance, barre, strength, and pilates. Each day will feature different equipment and mat work all paced rhythmically to a playlist. The class will be a total body workout with a mix of cardio and strength-based exercises targeting each of the major muscle groups and finish with full-body stretches.

TWERKOUT: This high intensity cardio class will torch calories as you shimmy and shake to hip hop, Latin and Caribbean music.

CYCLE: 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.

YOGA: Seamlessly linking breath and movement, yoga keeps you present as you learn to move gracefully in and out of poses. 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.

POWER YOGA: Uniquely linking together one posture to the next in a smooth, controlled flow. Breathing and movement come together to create heat in the body that leads to increased circulation and concentration.

KICKBOXING: Sweat, punch and kick the hour away in this cardio kickboxing workout. Equipment and experience is not required.