

AUG. 26 - DEC. 7 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.

STRONG BY ZUMBA: Nothing like a Zumba class, HIIT class synced with music where you only use your own bodyweight

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.

INSANITY: 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.

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.

POP PILATES: A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

STRENGTHEN & TONE: This workout uses light-moderate weights to achieve many repetitions and help build lean, toned muscle. It is a full body workout strengthening target areas. You can also opt do any part of the workout with your own body weight and still gain the benefits of the exercises. All fitness levels welcome and as always, it's a judgement free zone. Modifications offered throughout.

BARRE: 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, butt and thighs. This intense fusion of Pilates, sculpting, and ballet-based exercises will change the way your body looks – longer, leaner and stronger.

BALLET BURN: Adapted from Barre Above, 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.

HIP HOP: Get moving and sweat to the beat in this fun dance workout. Hip-Hop will incorporate dance choreography to target your heart rate and give you a full body workout. Not a dancer? No problem! Great for all levels.

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.

DRUMBA: An exciting exercise format that combines regular or weighted drum sticks with lower body dance steps to create a fast paced intense cardio workout for the upper and lower body that is fun. All equipment is provided, great for all ages and physical abilities.

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.

RHYTHMIC YOGA: An exploration of the natural rhythms produced by the body during exercise, most prominently the heartbeat and breathing. Focusing more on the physical rather than meditative aspects of yoga, rhythmic yoga is at the difficulty and intensity level of a power yoga class. Drumsticks are available for optional use to add an additional challenge. At whatever level you may wish to practice it, rhythmic yoga is a fun way to increase strength, flexibility, and the natural pulse of the body.