

# Group Training Descriptions

**Barre Defined:** A lower body workout that slims your hips, tightens your thighs, lifts your seat and strengthens your core.

**BLAST!** – 30 Minutes is all you need! This full body, cardio and strength workout will push your limits to the max!

**BodyPump®:** A workout that challenges all your major muscle groups by using the best weight-room exercises to great music, lead by motivating instructors and your choice of weight.

**CardiYoga:** A fusion of cardio, yoga and Pilates. High intensity cardio intervals blended with balance and yoga poses to maximize fat burning and give you long lean muscles.

**Cardio Barre:** A unique, high energy/no impact class that combines barre work and light weights to strengthen and lengthen the muscles of the butt, legs, torso and arms.

**Chisel:** A sculpting class with cardio intervals that will define and chisel your muscles!

**HIIT** – High Intensity Interval Training! Total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before your day gets started. All levels are welcome!

**KettleBox:** A class that combines basic boxing technique including proper stance, punching form, and footwork with kettle-bell strength and power exercises.

**Performance & Prevention (P&P):** Class will include athletic warm-up, focus on joint mobility & stability, coordination, balance, flexibility, strength, deceleration & acceleration in every class. Pursue the athlete within!

**Pilates:** Based on the teaching of Joseph Pilates, a class designed to enhance core strength, muscle symmetry, alignment, grace, coordination and improve flexibility.

**Pure Strength:** Burn your way to a tight and toned body with resistance training, stretching and balancing using the Body Bar and other props. This total body workout will tone your upper body while butt kicking moves will define your glutes and legs.

**Ride:** A great high energy indoor cycling class. All levels welcome.

**Ride & Boot Camp:** Interval training at its best! Bike, Endurance & strength training drills

**Yoga:** An invigorating class with postures that flow with a connection to breath.

**Zumba:** A fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness workout! The routines feature simple, easy to follow, repetitive dance steps, interval training that tone and sculpt the body.