

CARDIO

BODYCOMBAT™ (30-55min) is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from karate, boxing, taekwondo, tai chi and muay thai.

BODYATTACK™ (30 & 45 min) is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilization exercises.

ZUMBA (45 min) Pretty much the most AWESOME Dance Workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it.

MIXED-FIT Dance/ZUMBA (45 min) All Genres of Music & Lyrics, from top 40, Pop, R&B, Hip Hop, Rock, Reggae, and everything in between. ZUMBA Plus!

LINE DANCING (45 min) If anyone tells you that line dancing is a thing of the past hasn't experienced the upgraded dances that people all over the country continue to experience.

BOOM Muscle (45 min) Circuit Style training incorporation all types of muscle movements, using large balls, bands, weights, and so much more. **Drumming Workout** (45 min) A higher intense, FUN cardio/strength workout, that is great for all ages. Start with simple drumming moves, and move into more complex sequences. Class starts in a seated position and up to standing as we get more involved with the music and movement.

Water Rowing (30 min) Long renowned as the perfect aerobic exercise, the Water Rower is unmatched with its ability to burn calories within a perceived level of exertion. Low impact and body weight bearing, the Water Rower is perfect for any user.

HIIT SERIES

HIIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

HIIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

"THE ZONE" (45 min) A cardio and strength infused class that allows you to focus on heart-rate training with the support of a coach. Work at your level, your pace while receiving the tools and support you need to climb 5 levels of your heart rate, reaching the fat-burning zone. You will row, run, and lift your way to your personal best! **Try our NEW SENIOR ZONE!**

CYCLE

CYCLE-40 (40 min) Shift your fitness into high gear with this pulse-pounding cycling class. Improve your cardiovascular fitness and fine tune your endurance. This is a non-impact workout for all fitness levels. It is freestyle and the format will be up to the Instructor, so it may be a fast flat, hills or a combo of both, it will vary class to class and with each instructor.

CYCLE Exp. (30 min) A cycle class with a shorter warm up and stretch. Although this is marketed as a high intensity class, we will have options for all levels. This class is for those that want to get in and get out. Like Cyclology, this freestyle format will vary with each instructor. **Senior Cycle** is a great option on Thursdays at 10:15am for those new to Cycle.

HIIT & HILLS (30 mn) Push through heart racing intervals while improving cardiovascular strength, all while building strength in your legs while attacking hills.

Pulse Cycle "AKA" Rhythm Ride (30 min) Let's "Party on the Bike" Ride with the highs and lows of the music. Tap it back, Push it back, and Take it you're your Limits. Most of all have a GREAT Workout, and have FUN!!!

Hybrid Cycle Exp.(30 min) Bringing the BEST of HIIT & HILLS along with PULSE to put the Party on the bike....This "Feel Good" and "High Energy" Ride will incorporate upper body push-ups, oblique work, hand-held weights, push backs and so much more at the choice of each instructor and also by member requests. Join us for this exhilarating class, and you will see why it's a hot trend in indoor cycling

Cycle Bootcamp (45 min) This combo class will take you through 45 minutes on and off the bike. You will be using your own bodyweight as well as dumbbells and resistance bands. Pair all this with bike segments consisting of climbs, sprints and more....and you've got a Cycle Bootcamp!

STRENGTH

CORE BLASTER-10 (10 min) A strong Core is an invaluable asset. Let's hit it HARD for some incredible CORE toning!

BODYPUMP™ (45 & 55 min) is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls safely and effectively. We also offer a 45-minute **BODYPUMP Lite** class and **PUMP-45** for those returning from an injury, short on time, or the times work,

Pilates-(30 &45 min) Pilates is a method of movement that focuses on strength from the inside out. It uses ALL muscles, including the deep muscles you cannot see. Pilates is not a quick fix, but if you stick with it, it WILL change your body.

BARRE EXTREME (45 min) This class is back by demand, and for 45 minutes!!! We will be using resistance bands and balls, light weights, with a variety of moves to sculpt a strong, lean body!

TRX-Total-Body Resistance Exercise (30 min) Try this anchored two-strap suspension training system that leverages your body weight against gravity to target and challenge muscular stability, strength, and endurance, while improving flexibility, balance, coordination, and total power!

DOUBLE UP (30 MIN COMBO'S) HIIT, HIIT & HILLS, Cycle Exp., FLOW Exp, Water Rowing, TRX, and other 30-minute classes... are perfect paired with another 30-min class to make a combo of your choice.

MIND/BODY

BODYFLOW™ (45 min) is an athletic fusion of yoga, tai chi and Pilates. It builds flexibility and strength while leaving you feeling centered and balanced. Active yoga sequences and challenging poses, followed by stretches and a short meditation, are all set to modern music to create a holistic workout. Class is practiced barefoot for a safer grip on the mat. (Mats available)

FLOW Exp. (30 min) Same great class, just a little shorter.

Yoga (55 min) This yoga has its roots in Ashtanga. Instructors will alternate the areas of focus with each class while, still incorporating core strength, balance, flexibility, & mindfulness. It is a full body practice that will leave you feeling energized and relaxed all in one. **Yoga Exp** (30 min) Same great class, just a shortened version. More stretching and relaxing takes place in this "Teaser" Express class.

Senior Yoga (45 min) Get ready to move through a complete series of typical yoga poses, with the support of the chair beside you. Experience posture and poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for all levels.

SILVERSNEAKERS EnerChi- We combine TaiChi in with our regular scheduled Sr. Yoga classes. You will receive a guided flow that increases strength and vitality, where participants will learn the foundations of weight transfer and rhythmic movement.

Youth Yoga-30 min of basic yoga to support our younger population, giving them the tools they need for their mental and physical well-being. Let's all work together to Empower & Inspire our Youth!