

# Class Descriptions

**BARREFusion™** - This class is a low-impact, total-body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and our signature fuses. This fusion format offers all the benefits of rhythmic movement, high repetition strength work, and athletic dance moves. It offers modifications for all levels in the group exercise environment.

**Boot Camp** - Get ready to sweat with a high-intensity class that combines muscular and cardiovascular strength and endurance. This class is suitable for all fitness levels and modifications and progressions are available for everyone!

**Boxing Circuit** - Up your game with a station training class that utilizes boxing combinations, strength, and cardiovascular stations for a unique all-over body workout.

**HIIT Yoga** – This class brings it all...the advantages of strength, flexibility, and some cardio. Using body weight and some equipment for strength-based movements, yoga flow movements, and low to no impact (jumping), you'll turn on the sweat, strength, flexibility, and balance in 1 class!

**Kick and Strength** - Build your cardio and strength with kicking and punching, and build muscular strength and endurance that is such an important complement to your exercise program.

**Kick and SOULFusion™ mashup** - Build your cardio and strength with kicking and punching, and then combine that with SOULFusion™ from the description below

**Pilates Strength and Core** – This is a full-body workout that blends, strength training, flexibility, balance, and core conditioning into a total-body workout targeting the whole body.

**PiYo Live®/SOULFusion mashup** - Enjoy this amazing mind-body partnership to use yoga and Pilates-inspired movements that are supplemented with some cardiovascular and weight training components. See how strong your body can be and watch how your movement capabilities grow! Your body is simply amazing!

**SOULFusion™** - SOULFusion™ is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment (in person or virtual). SOULFusion™ improves strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. SOULfusion™ is all of your favorite workouts wrapped into ONE!

**Sculpt and Core** - Enjoy a no-impact class that focuses on developing total and core body strength. Time to get STRONG!

**Straight-Up Strength** - Join us for an express 30-minute strength session that will work you from head to toe. Build muscular strength and endurance that is such an important complement to your exercise program.

**Strike and Flex** – This class combines boxing techniques, with kickboxing and strength training work to give an all-over body workout. Using cardiovascular and strength training work, get ready for a great conditioning workout that builds endurance all the way around.

**Sunrise Yoga/Yoga** - Using breath control and a variety of sequences, you'll build mindful practice, muscular strength and endurance, and flexibility for an all-over body workout.

**Yoga Fusion** - Engage in a class that promotes strength, mobility, and flexibility and get a challenge for your mind and body. Use light weights and yoga practices to build strength inside and out!

**Small Group Training** – these groups target a variety of training techniques including functional training groups. A variety of equipment is utilized to train your body to be stronger, more flexible, and more mobile. Just ask about groups that you'd like to give a try!