

## 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.

**Barre Strength** – This is a full-body workout that blends cardio, strength training, flexibility, balance, and core conditioning into a total-body workout targeting the legs, hips and upper body

**Barrelates** – Enjoy all of the benefits of barre with additional Pilates-based core work to gain all-around strength. This class consists of a lower body range of motion to help contract inner stability muscles, by adding Pilates allows you to lengthen and tone those same spots to create a long and lean body.

**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 Self Defense** - This class teaches boxing techniques through various punching combinations and footwork.

**Heavy Lifting** – This class uses a variety of equipment and focuses on heavier weight lifting patterns to increase muscular strength and endurance. Get stronger and feel stronger!

**Kick and Neavy Lift** - 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

**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!

**POUND®** - The original POUND workout, this 45-minute electrifying jam session combines cardio, strength training and plyometrics—all to your favorite soundtrack.

**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!

**SOULKick™** - This class is a fusion style class that features classic kickboxing combinations, bodyweight strength training movements as well as athletic and dance-inspired cardio, and core-focused balance sequences.

**(FLOW), Sculpt and Core** - Enjoy a no-impact class that focuses on developing total body strength and core strength. Time to get STRONG! The flow portion on Monday morning adds a touch of yoga flow with light weights.

**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 Strength** – 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.

**Yin Yoga** - a style of gentler yoga that holds poses for extended periods (several minutes). It is intended to focus on improving flexibility and mobility, as well as working to target connective tissue and fascia. Some quieter time to end the week.

**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, boxing, and martial arts form, and technique. A variety of equipment is utilized depending on the group that you join. Just ask about groups that you'd like to give a try!