

Group X Descriptions

Barre Fit: A ballet inspired workout to lengthen and strengthen your muscles. Amazing leg and glute workout. Improves flexibility, posture and core strength.

Boot Camp: A rigorous blend of non-stop movement with weights, bars, bands, med. balls, plyometrics and more! Sweat buckets, build lean muscle, burn calories while having fun!

Boxing Boot Camp: A circuit-style class, learning the basics of boxing and a range of different training modalities to strengthen your core, upper & lower body. Great for all levels!

Cardio Kickboxing: No toys, no BOSU's, no weights. Just your lungs and your legs!

Dance Flow: This joyful and inspirational dance class includes music and styles from around the world and right here at home. Elevate your heart rate with full body movement and minimized impact while increasing fluidity and range of motion. Hints of martial arts bring in the element of power, while flowing choreography brings balance and grace. Class will end with a long stretch. All levels welcome!

Dance Party: Get your heart rate up with this foot thumping and body rocking dance cardio class. The music will be top pop hits throughout the decades. Come and join the fun!

Dynamic Track Bootcamp: This class will have you running circles either up on the track or outside in the sun. You will be doing cross training with bouts of cardio mixed in with heavier resistance exercises. Sometimes with iron, sometimes with your own body, sometime with a rock!

Energy Sculpt: A high intensity training class that's programmed for all levels. This class focusses on strength and endurance.

Escape & Unwind Yoga: This light hearted all levels Hatha yoga class provides deep stretching, rest & relaxation through restorative poses, gentle asanas, yin poses & guided meditations. The last week of each month will feature yoga nidra or yogic sleep.

HIIT: Put your body in a state of burning more calories, and build lean muscle mass with HIIT (High Intensity Interval Training). It's NOT just cardio, it is a mix of cardio drills such as agility work, and plyo-metrics and also incorporates strength training. This class is meant to boost your metabolism for hours after class is finished!

Pilates: This core strengthening technique was designed to improve posture and body alignment, as well as strengthen all major muscle groups. Flex bands are used to add upper body resistance making this class a total body workout.

PiYo: PiYo is a combination of Yoga and Pilates. It uses dynamic, flowing sequences that lengthen and strengthen your body as you increase flexibility. All ages and levels welcome.

Pilates Core: This class is 30 minutes and that's all you need! Thirty minutes of intense interval core work using Pilates moves on the mat, ball, Bosu and foam roller.

Prime Time: This class is designed with special consideration for our seasoned members. This no impact class focuses on segments of strengthening, flexibility and balance.

Pump: Like it's sister class 'Power pump' this class will work to strengthen and sculpt your entire body! Work all your major muscle groups using weights, resistance bands, stability balls, BOSU trainers and more!

P90X® Live: A full body, strength training format, featuring 4 unique blocks of work: Cardio, lower body strength, upper body strength & core. P90X LIVE is suitable for all fitness levels and is fully modifiable.

Remedy Yoga & Meditation: An hour of yoga to help transition into the week ahead. There will be a mini warming Flow to warm up the body, followed by some deep stretches into a relaxation. Followed by 10 minutes of seated meditation.

Revive, Replenish & Relax Yoga: Join Kathy for a mix of light meditation, gentle yoga and stretching. The class will end with a nice long restorative savasna to help relieve stress from your busy life. Great for your muscles and your mind!

Spinning®: Whether you're a new or experienced indoor rider, we aim to provide the BEST indoor cycling experience in the industry. Each class is set to fun, motivating music to take you on a 45 or 60 minute ride of your life! (Pre-registration recommended).

STRONG 30: Push your limits. **STRONG** by Zumba® is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals with an athletic, conditioning-style workout.

Tabata: A series of exercises done for 20 seconds followed by 10 seconds of rest and then repeated for a total of 8 rounds! This format is proven to increase your VO2 max and get results quick!

TRX: TRX is suspension training using your own body weight. You are in control of how difficult you want to make each exercise. You will build power, strength, flexibility, balance and more!

Vinyasa Flow: A moderately challenging yoga class. Vinyasa means flowing with the breath, so in this class you will move from posture to posture building internal heat with the inhale and exhale. Lightness!

Yoga for Grunts: This "extreme stretching class," as the group calls it, is a fun, high energy class that will work on your flexibility, balance and sense of humor!

Yoga – Mix: An eclectic class that teaches postures (asanas), yoga flows (Vinyasa), and breathing techniques (pranayama), to guide you through the process of releasing tension.

Zumba®: This is one big cardio party! This class is filled with exciting Latin and International dance moves like Salsa, Merengue, Cumbia, Reggaeton, Mambo and more! Get down and dance while you burn calories.

Group X Rules...it really does, but these are THE Rules:

Classes and times are subject to change. For safety reasons, there is no admittance 10 min. after class begins. Reservations are necessary for the Spin and TRX classes and can be made up to one week before next class. Reservations on Spin Bikes and TRX's will be held for 5 min. after class begins. If you are new to a class, please make the instructor aware.

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