



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

20-20-20

Three workouts in one! Designed to give you the ultimate total body workout. Sweat through 20 minutes each: cardio, strength training, & core. work.

Barre Connect

Combines the strength found in dance technique, the conditioning of Pilates and the balance of yoga.

BOSU Cardio, Core and Strength Circuit

A circuit class targeting multiple areas of fitness: endurance, strength, balance and stability. Burn more calories as all of your muscles are forced to contract.

Body Challenge

A challenging interval hour combining cardio segments with strength work utilizing body weight and dumbbells. Add total-body core work and you will develop a lean, toned physique and a super charged metabolism. HIIT.

Functional Pump

A strength focused class utilizing the principles of Functional Training. Increase your lean body mass, fire up your metabolism & build your core.

Functional Core Express

Blast your core muscles with functional exercises.

Indoor Cycle

A 60 minute ride on a stationary bicycle with an instructor and heart pumping music. A great interval training workout with no impact. Take the ride of your life!

INSANITY

Max cardio interval training with periods of rest. 2 minute circuits. No equipment used. Just bring a positive attitude and lots of water.

Line Dancing

Dance in which the dancers stand side-by-side in one or more lines as they perform a series of dance moves in unison. The best dances, the best music, the most fun!

PiYo LIVE

Sweat & burn calories with fusion-style movements inspired by Yoga and Pilates. This class incorporates dynamic balance, strength, flexibility, and functional training with upbeat music. All levels.

PopPilates

A Pilates-inspired fusion of ab chiseling and total body defining moves that leaves no muscle untouched. This mat based workout challenges students of ALL fitness levels to move rhythmically through exercises set to upbeat pop music.

Tabata Training

Prepare/Work/Rest x 8 = Tabata. Each work interval is 20 seconds; the rest interval is 10 seconds, with maximum benefit to you. Burn fat and increase your metabolism. Tabata Cardio Core – emphasizes the core.

Time-To-Train

Timed work intervals followed by short rest periods. Full body exercises using hand weights, body bars, steps and your own body weight. Work at your own pace to increase muscle strength & endurance. Transform your body!

Turbo Kick

Turbo Kick is a cardio-kickboxing class choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals and strength/endurance training. Punch, Kick, Block, Party your way to fitness fun.

Yoga

Body relaxation through a series of movement, poses and breathing that can be accommodating to all fitness levels. (Gentle using chairs or Vinyasa Flow).

Y CrossTrain

Full body training in an open floor/circuit/HIIT format. Highest level of fat loss and conditioning through increased after-burn. In the gymnasium. HIIT.

Zumba

Fusion of Latin and international music. Routines feature aerobic/fitness interval training with combinations of fast and slow rhythms. Will sculpt and tone body.