GROUP EXERCISE CLASS DESCRIPTIONS

Lunch Crunch - Upper and lower body strength training class with 30 seconds of cardio burst between each lifting session.

Yogalates - Core based exercises done on the mat. These exercise classes are based on strengthening the abdominals integrating yoga and pilates.

Bootcamp – Total body workout using various equipment such as the BOSU, barbells, and heavy rope.

Spinsanity – High energy 40 minute bike workout followed by 15 minutes of HIIT.

Core – This class focuses on the abdominal and lower back region. The focus of this class is flexibility and strengthening of muscles in that region.

HIIT – High intensity interval training includes 45-60 seconds of high intensity work with varied recovery times. Classes may include weights, kettlebells, or simple body weight.

All classes are geared for all levels from the beginner exercise participants to the advanced. Although heart rate monitors and water are not required for class, both are highly recommended.