

# **Group Exercise Class Descriptions**

**Indoor Cycle**- This is a high intensity indoor cycling class. This class is taught using the latest trends in indoor cycling- push-ups on the bike, isolations, and sprinting. Upbeat music is incorporated to keep you moving and motivated! A heart rate monitor is highly recommended.

**PLEASE arrive early for class to have your bike properly adjusted for a comfortable and safe ride.**

**Mindfulness/Yoga**- These classes are mind/body classes that incorporate basic pilates and yoga exercises but with fluid movements. Proper breathing and relaxation techniques will also be practiced.

**Cardio HIIT** - These classes uses plyometric moves throughout a circuit to achieve a total body workout. Some exercises included in this workout; burpees, power squats and not so regular pushups. HIIT (High Intensity Interval Training) principles are applied to these classes.

**Power Yoga Vinyasa** - Get ready to sweat during this 60-minute Baptiste-inspired flow class. Make sure you hydrate well prior to this class! See you on your mat!!

**Stretch N Flex** – This class focuses on restorative stretch movements for large and small muscle groups. The goal is to increase flexibility to prevent injuries during any workout.

**Barre** – Barre class is a toning workout influenced by ballet, yoga, and Pilates. It is great for increasing flexibility, muscle endurance/strength, and posture.

**Mat Pilates** – Staying true to the exercise developed by Joseph Pilates almost 90 years ago. Pilates is a great way to strengthen the core, build long lean muscles, and invigorate the mind and body.

***Check your email weekly for POP-UP classes that are not regularly on the schedule.***

***Please arrive on time to warm up and cool down.***