**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/Meditation** - 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.

**HIIT, Interval Training and Lunch Crunch** - These classes use plyometric moves 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 also applied to these classes.

For your safety, please arrive on time to classes to get a proper warm up!

Please check with staff about class cancellations and Pop Up classes!