

## GROUP EXERCISE CLASS DESCRIPTIONS

Mindful Yoga - Mindfulness Training combines yoga poses and exercise movements with biomechanic awareness which are great for stress relief. Breathing and relaxation techniques are also practiced.

Circuit/HIIT – This class is great for beginners to the advanced athlete. A variety of fitness tools: Spin bikes, kettlebells, and BOSU's are utilized to optimize your workout. It includes moderate to high intensity timed effort followed by a varied recovery.

Indoor Cycling/Kettlebell – High energy 30 minute bike workout followed by 15 minutes of full body strengthening drills.

Weightlifting – A full body heavy lifting workout with the utilization of barbells, kettlebells, and dumbbells for single and double movement lifting techniques. Such as, cleans and snatches in order to build muscle and strengthen your body.