



## Group Fitness Drop-In Classes

(All fitness levels welcomed)

Class	Description
<b>ABS, BACK &amp; BALANCE</b>	<i>This is a targeted fitness class designed to strengthen your core, improve back health and enhance overall stability. With a mix of exercises tailored to all levels, this class fosters a balanced, strong and resilient body.</i>
<b>BOOTCAMP</b>	<i>Get ready to push your boundaries in this dynamic group fitness class that combines military-style obstacle course training, strength training, and high-intensity cardio. This challenging workout will build your strength, stamina, and agility, leaving you feeling energized. Modifications are provided - all fitness levels are welcome.</i>
<b>CARDIO CORE</b>	<i>A variety of cardiovascular exercises, combined with exercises to strengthen your core (abdominal, back muscles).</i>
<b>CARDIO DANCE</b>	<i>Dance, smile and laugh your way through this invigorating cardio fitness class. The focus is on fun and less on technical dance. Themes may be included.</i>
<b>CIRCUIT TRAINING</b>	<i>This class combines cardiovascular and strength training. It involves performing a series of exercises in a specific sequence, with minimal rest between each exercise, with the goal of improving overall fitness, building strength, and enhancing endurance.</i>
<b>CORE BLAST</b>	<i>This class involves performing a series of exercises specific to strengthening your core muscles.</i>
<b>CYCLE</b>	<i>In this high-energy indoor cycling session, you'll ride to the beat of motivating music while our expert instructor guides you through various terrains and intensities. With adjustable resistance on your stationary bike, you control the intensity, making this class suitable for riders of all fitness levels. Cycle shoes are not needed. First come, first served.</i>
<b>CYCLE &amp; STRENGTH (previously known as Cycle &amp; Sculpt)</b>	<i>Indoor cycling with a variety of drills and great music. Have fun with a variety of drills that feel like you are riding on flat roads, climbing, and sprinting at various tempos. Includes muscle conditioning off the bike. Cycle shoes are not needed.</i>
<b>HIIT</b>	<i>A high intensity interval class consisting of cardiovascular and muscle conditioning. Participants will do a series of repeated rounds of exercise, ranging in time. During each interval participants will work at a set intensity for a specific period of time (work interval) and follow this with a low intensity recovery period (recovery interval).</i>
<b>JUST MUSCLE</b>	<i>No cardio here, just a workout to increase muscle strength and endurance using a variety of body weight and/or equipment exercises.</i>
<b>KETTLEBELL</b>	<i>In this class, you'll harness the power of kettlebells to engage multiple muscle groups while improving your balance, coordination, and overall fitness.</i>
<b>LIVING FIT</b>	<i>Enjoy low-impact, non-jarring workouts that include cardio and muscle conditioning exercises to improve your stamina, strength, flexibility and balance. This class include chair exercises.</i>

<p><b>MOBILITY &amp; STRETCH</b> (previously known as Stretch Out)</p>	<p><i>During this session, you'll explore a unique blend of gentle stretching techniques and targeted myofascial release using foam rollers (optional). Our experienced instructor will guide you through a sequence that combines dynamic movements and static stretches to unlock tight muscles and fascia.</i></p>
<p><b>MAT PILATES</b> (previously known as Pilates)</p>	<p><i>Step into a world of mindful movement and core activation with our core-strengthening Pilates class. This dynamic and low-impact workout focuses on building a strong core, improving posture, and enhancing overall body flexibility and control, emphasizing breath, alignment, and precision.</i></p>
<p><b>PILOGA</b></p>	<p><i>Piloga is a mixture of Yoga and Pilates exercises that have been blended together so you can enjoy the best of both in one exhilarating class.</i></p>
<p><b>PUMPED UP</b></p>	<p><i>A group weight training class using a barbell and a variety of weighted plates.</i></p>
<p><b>SOCA</b></p>	<p><i>Join our high-energy Soca class and move to the vibrant beats of the Caribbean! This fun and exhilarating cardio workout includes easy-to-follow dance moves, perfect for all fitness levels. Whether you're new to Soca or a seasoned dancer, come ready to sweat and feel the rhythm.</i></p>
<p><b>STEP</b></p>	<p><i>A classic workout emphasizing fun step choreography on an adjustable platform (step)</i></p>
<p><b>STEP &amp; MUSCLE INTERVALS</b></p>	<p><i>This combo class alternates between Step choreography and muscle conditioning using a variety of equipment.</i></p>
<p><b>TOTAL BODY WORKOUT</b> (previously known as Body Sculpt, Sweat, Strength &amp; Stretch, Top Guns/Rock Bottoms, and Upper Body, Core &amp; Stretch)</p>	<p><i>A total body workout using a variety of equipment to improve strength, endurance and overall fitness. A variety of class formats and equipment are used.</i></p>
<p><b>TRX CIRCUIT</b></p>	<p><i>This dynamic group fitness session combines TRX suspension training exercises with circuit-style training. Participants move through a series of stations or exercises, alternating between different TRX movements and other functional exercises. The circuit format helps enhance cardiovascular fitness, muscular endurance, strength, and flexibility by engaging various muscle groups and providing a full-body workout.</i></p>
<p><b>YOGA</b> (previously known as YogaFit &amp; Yoga Stretch)</p>	<p><i>Combines the breathing and relaxation techniques of Yoga through stretching and bending. This class will work on flexibility, balance, and posture. Class may include the use of equipment such as weighted yoga balls, stability balls, stretching bands, and foam rollers.</i></p>
<p><b>ZUMBA</b></p>	<p><i>Inspired by Latin and International dance, this is a great cardio fitness class with the focus on fun, calorie blasting workouts. This is not a step-by-step dance class. No equipment required.</i></p>