

EXPERT FITNESS

INDOOR CYCLING Our indoor cycling classes offer high energy stationary bike workouts that enhance cardio vascular endurance and muscular strength all in a non-competitive environment. Indoor cycling is for everyone. **Sign up at Front Desk**

GROUP POWER® This is your hour of power! This 60 minute barbell program strengthens your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and levels. **Watch the video trailer on our website!**

GROUP FIGHT® Group Fight® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! **Watch the video trailer on our website!**

GROUP CENTERGY® Redefine yourself with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. **Watch the video trailer on our website!**

GROUP ACTIVE® Gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **Watch the video trailer on our website!**

TOTAL CONDITIONING Combine full-body resistance training and continuous cardio training and you get nothing but the best of Total Body Conditioning. Cycles of cardio, strength, and core with a no-nonsense approach to choreography, this class is simple, athletic, intense, and your ticket to building cardio and resistance strength and endurance.

FAT BLASTER Focuses on all aspects of core strength and cardio endurance. A wide variety of equipment and movements will assist you in blasting fat and calories by incorporating high intensity cardio bouts with hard core stability exercises. You will leave this class fast paced workout feeling stronger and invigorated.

H.I.I.T. High Intensity Interval training it is a type of cardiovascular training that combines intervals of MAXIMUM effort followed by a complete recovery. While these classes mix up the timing variations they will always take you to your max.

UMBA TONING® The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged. The lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Insanity is a cardio class, based on max interval training. This class will push you past your limits with

TABATA A high-intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. Expect to get a great work-out and see results!

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PIYO Unique fusion of yoga and Pilates designed to help you build strength & gain flexibility.

TURBO KICK is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down.

BUTI® YOGA "Buti" is a Marathi word which means the cure to something hidden beneath the surface. A movement practice that fuses power yoga, tribal dance and plyometric into a high-intensity workout that transforms the body from the inside out.

YOGA The ultimate body and soul workout! This class uniquely combines yoga, Pilates, and exercises with hand held weights. Strengthen and define each muscle group using dumbbells, barbells, resistive bands, medicine balls, and stability balls.

PURE STRENGTH Focus's on all strength conditioning. Using weights, bars, balls, and more.

TRIPLE THREAT Provides strength, cardio and balance with bodyweight exercises. An overall workout to work your whole fitness triangle.

***CHALLENGE BOOT CAMP** this isn't your typical training class. Get ready to push yourself and see what your body is truly capable of. This 45 minute class will consist of a combination of free weights, TRX Suspension Trainer, TRX Rip Trainer, cardio intervals, and everything in between. Anything and everything goes in this boot camp. We only require one thing; you must be ready to give 100%! [Sign up at the front desk](#) *Fee based class, save with a punch card!