

## MIND & BODY

**YOGA:** utilizing various poses, postures, and breathing techniques to build a strong foundation of flexibility, strength, and stamina, while reducing stress, enhancing awareness, and practicing personal growth.

**SUNRISE YOGA:** starting your day with a mixed level class incorporating strength poses and finishing the workout with meditation. Utilize breathing to maintain focus and build strength throughout the body.

**PILATES:** combining a series of low impact exercises focusing on alignment and breathing to develop muscular endurance, balance and inner awareness.

## STRENGTH & CONDITIONING / FUNCTIONAL

**HIIT IT:** huffing and puffing between various work-to-rest ratios to improve muscular power, strength, and endurance as well as cardiovascular health.

**TABATA POWER:** working only for 20 second intervals with 10 second rests. Tabata Power is a 40 minute class.

**BOOTCAMP:** exhilarating and effective workout utilizing body weight, dumbbells, and pure athletic ability to push your fitness limits by involving multi-joint exercises to mimic every-day movement patterns.

**INTERVAL BLAST:** racing on the rowers, you will enjoy friendly competition to determine your time on the circuit. Enjoy high intensity interval training that incorporates water rowers as the base cardio component while participating in friendly competition as you train muscular power, strength, endurance as well as cardiovascular health.

**GUTTS & BUTTS:** challenging but fun workout for all fitness levels concentrating highly on abdominals, lower back, and lower body.

**STEP FUSION:** raising your heart rate with traditional step aerobics for cardio and utilizing the step in many new ways to work on strength, power, core stability and more.

**BEGINNER'S STRENGTH:** focusing on basic strength training and utilizing body weight, dumbbells, sandbags, TRX Suspension Trainers, and more.

**CORESPIN\*:** killing your cardio and core workout in one! Enjoy half the class on the bikes for cardio and half on the mats for core training.

**TRX® SHRED:** using the TRX® Suspension Trainers and other fitness tools to leverage gravity and body weight, while performing hundreds of exercises, as well as adjusting your body position to add or decrease intensity.

## CARDIO

**ZUMBA® & AQUA ZUMBA:** combining unique, high energy moves and motivating international music will make you forget it's a workout (Aqua Zumba takes place in a pool).

**ZUMBA® TONING:** partying with extra emphasis on toning and sculpting by using lightweight dumbbells to enhance rhythm and coordination, while toning target zones like arms, core, and lower body.

**STRONG BY ZUMBA®:** incorporating use of light weights to enhance muscular strength, but picking up the heat with intervals and movements that are strength-centered and perfectly synced to each beat.

**CYCLING\*:** increasing cardiovascular endurance by pedaling in and out of the bike saddle and enduring a variety of sprints, hills and intervals by adding resistance to the bike - for all fitness levels.

\*arrive 15 min early for a 1-on-1 bike fitting with the instructor | please bring water bottle and towel to this class

# FALL 2017

## GROUP FITNESS SCHEDULE

### PART 1 | AUGUST 14 - OCTOBER 8

# DWI FTT