**MIND & BODY:** Please bring a mat for all mind/body classes.

**YOGA:** is a practice of various poses, postures, and breathing techniques to build a strong foundation of flexibility, strength, and stamina. This class focuses on reducing stress, enhancing awareness, and practicing personal growth.

**POWER YOGA:** is a vinyasa flow yoga that will challenge you to advance your yoga practice while leaving you feeling relaxed and restored.

**HIIT YOGA:** is a high intensity interval training workout with yoga-inspired movements and active recovery periods in between. To end the class, a yoga-inspired cool down and meditation will leave you feeling stretched, relaxed, and ready to take on your day.

**RESTORATIVE YOGA:** is a therapeutic yoga class, hosted in partnership with the Department of Counseling and Psychological Services, that is designed to promote holistic wellbeing by cultivating an intentional self-care practice and developing the mind-body connection. Participants will engage in restorative yoga practices, including breath techniques, postures and meditation.

**POWERNAP!** is a 60-minute class that will relax the body and mind allowing it to recharge. Enjoy 30 minutes of Hatha yoga leading into 25 minutes of guided meditation and rest. Small pillow or throw blanket is suggested!

**PILATES:** is ideal for beginners and those who want a safe and effective class experience to build a solid Pilates foundation. Focus on form and alignment to help you master the Pilates fundamentals, so that you can get the most out of your workout as you become more advanced.

**STRENGTH & CONDITIONING:**

**BOOTCAMP:** is an 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.

**GUTS AND BUTTS:** is a class concentrating highly on the abdominals, lower back, and lower body, this challenging but fun workout is for all fitness levels.

**LES MILLS BODYATTACK™:** is a high-intensity cardio workout designed to build strength and stamina. This high-energy class combines sports-inspired athletic aerobic movements with strength and stabilization exercises.

**BODYBLAST:** is a full body workout that involves cardio to increase the heart rate, and body-weight resistance training to sculpt the arms, butt, and core. It is an intense workout to end your day out right and have you leave class feeling great!

**HIIT IT:** is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

**STRENGTH CIRCUITS:** is a combination of athletic based strength and cardio movements in a circuit training format. This full body workout will take your training to the next level while improving your strength, endurance, body composition, and athletic performance.

**CARDIO:**

**ZUMBA®/AQUA ZUMBA®:** is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be “FUN AND EASY TO DO.” The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Aqua Zumba is Everything you love about Zumba in the Water!

**LES MILLS SPRINT™:** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**CYCLING* / CYCLE45*/ CYCLE EXPRESS*: is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Cycle45 is everything you love about cycling in 45 and Cycle express is a 30-minute version! *arrive 15 minutes early for a 1-on-1 bike fitting with the instructor. Please bring a water bottle and towel to this class!

**CORESPIN*:** is a fusion of a cardio cycling workout and strength training. It consists of 30 minutes of high-intensity cycling, followed by core exercises that target the abdominals and lower back.