### Mind and Body

**Yoga** focuses on flexibility, strength, and stamina through various poses and postures. Reduce stress, enhance awareness, and practice personal growth while building a strong foundation in and out of the studios.

**Vinyasa Yoga** is a free-flowing yoga class that transitions in and out of poses to help the body increase circulation, flexibility, and warmth. This class can be taken by all fitness levels and focuses on mindful movement and stability in each pose.

**Power Yoga** this is a mixed level yoga class that incorporates strength poses while finishing the work with meditation. Participants will utilize their breathing to maintain yoga poses and to build strength throughout the body.

**Yin Yoga** is a more mellow way to balance your yoga practice. Yin targets tendons, ligaments, and fascia by holding floor postures for two to five minutes. While holding those poses, participants will focus on breathing and using breath as muscular release.

### Specialty

**SuperHuman 360** is a dynamic class that includes the Synergy360 equipment to help participants develop/perform the following: cardio drills, plyometrics, agility, strength, and power.

**TRX® Shred** uses the TRX® Suspension Trainers and other fitness tools to leverage gravity and body weight while performing hundreds of exercises. Adjust your body position to add or decrease intensity.

### Strength

**Bootcamp** will push your fitness limits with body weight, dumbbells, and pure athletic ability. This class will involve multi-joint exercises to mimic everyday movement patterns. Join us for an effective, exhilarating exercise!

**Hard Core** consists of a highly concentrated abdominal, back, and lower body workout. Challenging but fun, this class is designed to get your heart pumping and target those “hard to reach” areas.

### Cardio

**Zumba®** is based on the principle that a workout should be fun and easy to do! Zumba® includes high energy and motivating international music with unique moves and combinations that will make you forget it’s a workout.

**Zumba Toning®** Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Uses lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

**Aqua Zumba®** is for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water RESISTANCE for one pool party you shouldn’t miss!

**Cycling** increases your cardiovascular endurance by pedaling in and out of the bike saddle. The participant will endure a variety of sprints, hills and intervals by adding resistance to the bike. This low-impact cardio class can be tailored to all fitness levels and for those looking to work up a good sweat. Arrive to this class 15 minutes early to receive a one-on-one bike fitting with your instructor. Please bring water bottle and towel to this class.