



Fitness Class Descriptions

(not all classes offered each term)

Barre Fusion

Our 50-minute Barre Fusion class combines the traditional feel of barre fitness with the flexibility of an open studio setting, emphasizing strength, flexibility, and sculpting while incorporating low-impact, full-body movements to tone and define your muscles.

Circuit Training

Together we will sweat through full-body strength and cardio circuits for 50 minutes with options for all levels. The goal of the class is to focus on your overall well-being and to have fun while doing it.

HIIT

Get ready to push yourself in this 50-minute class. Utilizing the popular (HIIT) High Intensity Interval Training, high intensity classes will really get your heart pumping and build your strength. You will walk away having used all the main muscle groups.

Soca Cardio Dance:

There is nothing like dance movements and island vibes to get your energy and confidence high after this class. During this 50-minute class, you will be taught the basic Soca dance steps, coordinated to mood-boosting Caribbean music that will strengthen your heart and muscles. No dance experience required!

Strength

Strength classes are a fun 50-minute head-to-toe session. We will use weights and reps to tone lower body, upper body, and core with a variety of exercises to target these areas. Strength training includes many functional movements that reflect movements you make in your daily life and is helpful for everyday tasks, athletic performance, and injury prevention. All fitness levels are welcome!

Strength and Cardio

With this 50-minute class we target full body strength exercises to build muscle, but also include a cardio segment to improve your cardiovascular fitness! All fitness levels are welcome!

Strength and Step

Join us for a dynamic 50-minute Step and Strength class! We'll kick things off with 20 minutes of step—an enjoyable, steady-state cardio workout that can be modified for all fitness levels. The rest of the class we will focus on strength training, incorporating dumbbells and bodyweight exercises. Both step and strength training are highly functional and perfect for everyone, regardless of your experience.

Strength and Stretch

With this 50-minute class you can enjoy the best of both worlds as we target full body strength exercises to build muscle, but also include a longer, comprehensive stretching portion to improve flexibility! All fitness levels are welcome!

Strength and Core

With this 50-minute class we target full body strength exercises to build muscle, but also include a longer core segment. All fitness levels are welcome!

Stretch

This 30-minute Stretch class will help you with your athleticism and range of motion in your strength workouts. Fit this class in after your workout (or anytime!) for functional stretches focused on shoulders, hips, low back, glutes, and hamstrings.

Yoga with Various Instructors:

These 50-minute classes will increase functional flexibility, enhance body control, connect mind and body and create a sense of balance and vitality. Each instructor has their own special style so try them all! Mats are provided.

Zumba®

This 50-minute dance-fitness class incorporates Latin and international music and dance movements. No fitness or dance experience is required to participate. The class alternates between fast and slow rhythms. Zumba provides a balance of cardiorespiratory exercise, muscle-toning, and mobility of all joints of the body. Dance movement modifications and progressions are given, as needed.

Cycling Class Descriptions

(not all classes offered each term)

Begin to Cycle:

Have you ever tried indoor cycling before? Nervous to try it out? Come to this 30-minute beginner class! Your instructor will walk you through everything from setting up your bike to cooling down. This is a welcoming space for everyone. Don't forget your water bottle!

HIIT & Hills Cycle

If you want to really get your heart pumping and legs strengthened, this 50 min. class is the one for you! High intensity interval training, also known as HIIT, includes alternating fixed intervals of high and low intensity, with varying levels of speeds, tensions, and durations. With a dynamic change in workout stimulus, this class has something for all levels, including beginners, and offers tremendous fitness benefits.

Mac Cycle

In the saddle, out of the saddle, speed work, hills – this class has it all! Every fitness level is welcome for this 50-minute ride led by an experienced cycling instructor.