

Class Descriptions

bootcamp	"Suck it Up" is the motto for this class! Punching, kicking, push-ups, and crunches...Not only is this training session a blast but it's a great way to lose body fat, tone your muscles and get out all of your aggression! This demanding class combines cardiovascular training, calisthenics, and free weights to provide a hard-core full body workout.
booty camp	Booty Camp is a great way to get your buns, thighs and hips back in the shape you've always wanted. We will work your backside intensely to the beat of hot, booty shaking music. No registration required, bring your friends, it's gonna be fun, fun, fun!!!
body sculpt	This full body class will tone, strengthen, and develop muscle definition in your entire body! You'll utilize hand weights, toning bars, balance balls, steps, and more to get a fun and effective muscle conditioning workout.
power hour	This high intensity workout utilizes numerous training modalities including Olympic-style lifts, high volume "core" work, traditional super-set resistance training, and bike-based metabolic conditioning. This unique and potent method of interval training will challenge muscles, rev up your calorie burning engines, and enhance both functional strength and stamina.
kettlebell	Do you crave adding something different to your current training routine? Kettlebell is a group fitness class where participants will learn to use a classic, but just recently re-popularized training tool to enhance many of the different aspects of one's overall fitness. Through the use of kettlebells, class members will develop greater stamina, improved core strength, as well as enhanced power and muscular endurance.
group cycle	Our cycling workouts are designed to improve your cardiovascular fitness and maximize caloric burn by incorporating interval-based drills, visualization and effective coaching techniques. You'll have so much fun you'll forget how hard you're working!
zumba!	This exciting dance class tones and sculpts your body to Latin and International rhythms. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Fun and easy to learn!
tai chi	Practice this ancient martial art with Dave Barrett, gold medal winner of the 2007 Yang Style Tai Chi Ass. international tournament! Find grace and ease in body and mind as you are guided through the form, increasing strength, stamina, balance and flexibility.
yoga	These classes incorporate various multi-level poses to improve flexibility, strength, and balance, release stress, enhance concentration and immune function. A great class for anyone wanting to learn the traditional discipline of yoga. All levels welcome!
pilates	Get the scoop! Pilates will restore spinal alignment, improve muscle endurance, balance and focus, and reduce stress. And did we mention core strength? These multi-level mat classes provide a full body workout.
step it up	"STEP It Up!" is a step-based fitness class designed to train the many different elements of fitness. "STEP It Up!" utilizes the STEP to perform athletic movements designed to train all three of the body's energy systems (both anaerobic and aerobic). This class will incorporate plyometrics, bodyweight strength/endurance training and core work to maximize desired results.
rock that body	Kick start your day with upbeat music and leave with a full body workout! Dynamic stretching will get your Body in the mood, then you will be sweating in no time. This class will keep your heart rate up and challenge you with core and weight exercises. After pushing you to the limit we will slow it down with a full body stretch, leaving feeling refreshed and ready to attack your day!
balls and bands	The focus of this new class will be to stabilize and strengthen the core; including hips, torso, shoulders, arms utilizing therabands (light resistance), stability & fit balls, and body weight exercises. There will be a therapeutic tone to the class, that appeals to all levels and abilities.
morning madness	Jump start your day with Cyrus and friends at 5AM. This aerobic class will get the blood flowing and provide a balanced workout with lots of variety and interesting exercises. If you're an early bird, this class is for you!
the barre	Eric is the "barre-tender," serving up a lively assortment of conditioning exercises based on the principles of ballet, pilates and traditional exercise technique. NO DANCE EXPERIENCE IS REQUIRED find your inner abs and work your body like a dancer in a class designed to restore breathing, alignment, balance, flexibility and strength.
full body stretch	Start your day off with a stretch! Whether you use this class to wake and warm up before your workout, or as a cool down to your early morning workout, this 30 minute class is guaranteed to leave you feeling revitalized and ready to start your day!