

# Class Descriptions

<b>Bands and Balls</b>	Come prepared for total body conditioning, with an emphasis on "core" strengthening and stabilization, utilizing a variety of resistance...body weight, bands, balls, body bars, & more!!
<b>Bells, Buns &amp; Battle Ropes</b>	A functional training class that incorporates battle ropes, TRX, and kettle bells using high intensity interval training to give you the best caloric burn both inside and outside the gym. Combine this with a glutes and ab blast, and you will leave feeling great all around
<b>Body H.I.I.T</b>	A total body conditioning class that incorporates high intensity interval training. Burn fat, increase strength and have fun!
<b>Burn It Up!</b>	Think training modalities of the aggressive, sweaty, heart-pumping nature. By sequencing short, aggressive exercise at high intensity and repeating multiple times, there is no better way to BURN fat while simultaneously maintaining lean muscle development. It's challenging, it's effective, it's fun! You have to BURN it to earn it!
<b>Cycle and Soul</b>	A perfect blend: students begin this class cycling for approx. 55 minutes building stamina and endurance. The second part of class moves students to their mats, where they will be guided through a Yogalates sequence (part yoga, part pilates) guaranteed to stretch the body, engage the core and leave you feeling worked out from head to toe. Open to all levels.
<b>Floor Barre</b>	Floor barre takes basic ballet training exercises from a standing position to the mat. Dancers have used this method for decades for whole body conditioning without the added stress on joints that can come from working in a "turned-out" position while standing. Stretch, posture, and core work are combined with musicality, breath and dynamics for a complete mind-body experience.
<b>Group Cycle</b>	Our cycling workouts are designed to improve your cardiovascular fitness and maximize caloric burn with interval-based drills, visualization and effective coaching. You'll have so much fun you'll forget how hard you're working!
<b>Line Dance</b>	Experience all different forms of dance from Samba to Jazz to Country and Swing. Combinations change each month. Come dance, sweat and energize for the day!
<b>MIXX IT Up!</b>	Total body fitness requires a wide array of modalities. Mixx It Up meets our body's needs by combining strength based resistance training with both core work and short bursts of cardiorespiratory training. This interval based group fitness class is designed for individuals of all ages and conditioning levels. Step in and MIXX It Up with us!
<b>Morning Madness</b>	Jump start your day with Cyrus and friends at 5:15 AM. 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!
<b>Pilates</b>	Get the scoop! Pilates will restore spinal alignment, reduce stress and improve endurance, balance and focus. And did we mention core strength? These multi-level mat classes provide a full body workout.
<b>Rock's Boot Camp</b>	This class is a power hour of intense exercises to push you to your limits. We will be utilizing battle ropes, kettlebells, TRX straps, and other tools to increase your cardio and boost your endurance. This workout is designed to burn calories, build core strength, and improve functional movement. Get ready to have a blast with this workout that will take your fitness to the next level.
<b>Rock Step Rock Power Rock Circuit</b>	<b>Rock Step</b> - is a fast paced, high intensity step aerobics class geared towards getting your heart rate up and making you sweat! We utilize steps, dumbbells, and your own body to get a complete workout. This class will test your endurance while improving your balance, stability, coordination, and core strength. <b>Rock Power</b> - is a class focusing on strength training. This is a full body workout that utilizes a wide range of equipment. You will get well acquainted with TRX, body bars, kettlebells, medicine balls, and more. You will leave each class feeling stronger than ever! <b>Rock Circuit</b> - This Friday morning circuit is designed to get your blood pumping. We use a mixture of high and low intensity exercises with minimal rest in between to harmoniously blend both strength and cardio training. As for equipment, we use everything! We work with weights, kettlebells, boxes, TRX, elastic bands and everyone's favorite, battle ropes!
<b>Rock That Body</b>	Upbeat music and a full body workout to start your day! Dynamic stretching will get your body in the mood and you'll be sweating right away. This class will keep your heart rate up and challenge you with core and weight exercises.
<b>Step It Up</b>	"STEP It Up!" utilizes the STEP platform to perform athletic movements designed to train all three of the body's energy systems (both anaerobic and aerobic). This class will incorporate plyometrics, core work, and bodyweight strength/endurance training to maximize desired results.
<b>Tai Chi</b>	Practice this ancient martial art with Edward Moore. Find grace in body and ease of mind as you are guided through the forms. This class increases strength, stamina, balance and flexibility.
<b>The Barre</b>	This class serves 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, flexibility and strength.
<b>TRX</b>	The TRX suspension classes are full body workouts aimed to improve core strength, flexibility and mobility. The Wednesday class is going to focus on cardio and endurance and the Friday class is based on strength training and Monday is a mix. If this is your first time, come 10 minutes early to learn the TRX basics.
<b>Yoga</b>	All yoga classes incorporate various multi-level poses to improve flexibility, strength, and balance. Yoga will help you release stress and enhance concentration and immune function. These are great classes for anyone wanting to learn the traditional discipline of yoga. All levels welcome!
<b>Yogalates</b>	Yogalates is a core focused class that pulls the asanas of yoga and the centered movement of Pilates into one dynamic class. Create mindful work with 30-40min of vinyasa flow and develop the long, lean, lines of a Pilates body in the last 30-20min of class.
<b>ZUMBA!</b>	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! Taught by a ZUMBA1 certified instructor.