

CLASS DESCRIPTIONS

Barre @ the Bar - This ballet-based workout is a high rep, muscle conditioning class, focusing on postural strength and alignment. In class, the barre is used for lower body, core, and flexibility training. Light weight is used for many upper body exercises.

Cycle - Group stationary cycling. Lights are dimmed, and music is played as your instructor leads you on a journey of long flats, hill climbs and sprints. Each participant controls his/her own intensity by adjusting speed, resistance and body positions.

Pilates - Improves flexibility and posture, builds strength and develops core control and through emphasis on alignment, breathing, coordination and balance.

Killer Kettlebells - A blend of kettlebells and body weight exercises for the perfect combination of strength and power.

Power Yoga - This class is a vigorous yoga practice similar to an Ashtanga practice, as it follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa but moves at an even faster pace.

Strictly Strength - This class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using strategic principles. This easy-to-follow workout challenges every major muscle group.

Yoga - Center your mind and body while flowing through various postures that promote increased strength, focus and flexibility. Styles may vary based on the teacher, but all levels are sure to have a great workout while lowering stress.

Zumba - Join us for fun, dance and fitness that incorporates many styles of dance, international rhythms, and a club-like atmosphere that leaves all Zumba students hooked! No dance experience required.