

# Class Descriptions

## **CORE AND MORE- EXPRESS\***

Build a solid foundation to transfer energy from the centre of the body out to the limbs. Strengthening the Core reduces back pain, enhances athletic performance and strength, and improves posture. \* 30 minutes

## **STRETCH EXPRESS\***

Experience maximum benefits in minimum time. This full-body stretch class will help you improve range of motion, flexibility and blood flow while decreasing muscle soreness and tension. \*15 minutes

## **CYCLE- EXPRESS\***

This 30-minute cycling class will boost your heart rate while developing your legs. Perfect for a quick cardio fix when you're short on time.

## **POWER CYCLE**

Put your head down and ride! Motivating music and a little voice in your ear telling you to go, go, go! 45 minutes of steady, high intensity cardio. If you like to sweat, this class is for you.

## **HARD 'CORE' CYCLE**

The same great, motivating, high intensity, cardio workout you will find in the Power Cycling class with an added core component.

## **WICKED WATTS**

This power focused cycling class uses watts to provide an individualized workout with measurable results. Effective coaching and inspiring music will motivate you to push your personal limits and achieve your goals.

## **STEP PUMP**

Put the fun back in fitness with this choreographed step class, combining cardiovascular, strength and endurance training, for a full body workout. All levels welcome!

## **METABOLIC MASH-UP**

Ignite your metabolism with this high intensity workout! Challenge your cardiovascular system and increase strength, power, and endurance with a variety of body and free weight exercises.

## **SUPER CIRCUIT**

This anaerobic strength and conditioning class utilizes explosive exercises, weights, and progressive cardiovascular overload. The goal is to train all muscles of the body, with an emphasis on the heart. This is an advanced class that requires mental fortitude and all around fitness.

## **TOTAL BODY BLITZ**

Fire up your cardiovascular and muscular systems throughout the week. This class may utilize hand weights, steps, tubing, gliders, etc. interspersed with cardio bouts.

## **BARRE**

Sculpt and tone your legs and glutes, while improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required.

## **WELL BUILT & WELL BUILT EXPRESS**

This strength focused class is designed to define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advance. \*Express class is 30 minutes\*

## **YOGA**

This mind body practice includes physical postures to help build strength and increase flexibility, while breathing techniques promote restoration and relaxation. \*Yoga mat required\*