

Class Descriptions

POWER CYCLE

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

CORE -EXPRESS

The goal of this class is to 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

STEP

Put the fun back in fitness with this high energy cardio class, performed on an adjustable platform. Fun, easy to follow choreography will make you forget you're working out. All levels welcome!

TOTAL BODY BLITZ (TBB)

Improve overall fitness with a combination of resistance and cardiovascular training exercises. Increase strength, mobility, stability, and cardiovascular fitness, all in one workout. A mix of body weight and equipment based exercises may be used.

HIIT and Core

If you're looking to torch maximum calories in minimum time, this High Intensity Interval Training class is for you. Intense cardiovascular and strength drills are interspersed with periods of recovery to rev up your metabolism. This class also includes a BONUS Core component.

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, tubing, etc. 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

CYCLE- EXPRESS

A 30-minute cycle class designed to boost your heart rate while developing your legs. Perfect for a quick cardio fix when you're short on time.

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation. *Yoga mat required.