

Class Descriptions

POWER CYCLE

This high energy cycling class includes a combination of speed, strength, and power drills designed to increase cardiovascular endurance, build lean muscle mass, and improve overall fitness.

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

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.

WELL BUILT

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.

SUPER CIRCUIT

Build strength and develop your cardiovascular system with this full body, circuit style workout. A variety of equipment will be utilized, including; dumbbells, kettlebells, benches, stability balls, and more.

YOGA

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