



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise classes

Cycling- Our indoor cycling classes enhance cardiovascular fitness, improves muscle tone and exercise endurance. Cycling class will incorporate all the muscles of the leg as well as core muscles.

Beginner Cycling- This class may not use as many cycling techniques as the normal cycling class but it will still leave you sweating. The beginners class is perfect for people new to this form of exercise.

Metabolic Circuit Training- Perform full body exercises at high intensities to maximize positive changes in metabolism and body composition. Classes periodization may change from strength conditioning to metabolic overload, which is a proven tactic for getting more efficient results.

Pilates- Pilates was developed to improve flexibility, strength and control in the entire body. This class puts emphasis on breathing, body alignment, building a strong core, and improving coordination and balance.

Tabata- Tabata is a high intensity interval based workout which works on the premise of 20 seconds of intense exercise followed by 10 seconds of rest. This is a proven efficient method of improving cardiovascular endurance as well as muscular endurance.

Everyday Strength- Learn the fundamentals of lifting and improve your maximal strength. Workouts will include a main lift as well as accessory movements to give you a well-rounded strength building session.

PopPilates- This total body, equipment free workout will sculpt a rock solid core and a lean dancer's body like nothing else can. It's a powerful fusion of music, strength, and choreography on top of the Pilates format.

HIIT Boxing- Box away the calories with quick intense bursts of exercise followed by short recovery periods. This total body workout combines cardio, resistance training and boxing combinations. Equipment is provided.

Y-Fit- A high intensity class designed to get your heart pumping and your muscles moving. This class is always evolving using different tactics for cardio and strength training.

Tai Chi- Tai Chi can help a range of disorders including anxiety, arthritis, fatigue, joint stiffness, stress and menopause symptoms. Tai Chi can improve posture, flexibility, and strength. People of all ages and fitness levels can practice Tai Chi and gain health benefits.

Core de Force- This workout combines authentic boxing, kickboxing, and Muay Thai moves, explosive power moves, and interval training that all engage your core so you get into killer shape, incredibly fast.

Cycle Strong- Combine the fat melting benefits of indoor cycling with the muscle toning rewards of resistance training.

Insanity- Incinerate fat and calories with the ultimate cardio-conditioning program. No matter what your fitness level, we will help you challenge yourself so you truly transform your body. It is a challenge, but your instructor can modify the hardest moves to help you dig deeper.