

CLASS DESCRIPTIONS

ZOOM CLASSES

BOOTCAMP This total body class focuses on achieving muscular strength through exercises targeting all muscle groups. This is a perfect class for someone looking to build strength. Think of this as a group personal training session – with great music and a lot of personality!

Equipment needed: no equipment required. Some classes may offer weight options.

TABATA A daring and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest – x8. 4 minute intervals to increase athletic performance, and decrease body fat.

Equipment needed: no equipment required. Some classes may offer weight options.

ZUMBA® combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba is a feel good workout geared toward all levels. Get your groove on!

Equipment needed: no equipment needed.

VINYASA YOGA is one of the most popular contemporary styles of yoga. Each movement is synchronized to a breath. The strength of Vinyasa is in its diversity. If you appreciate having things a little loose and unpredictable and like to keep moving, this style is definitely worth a try!

Equipment needed: no equipment needed. Yoga or fitness mat encouraged; a bath or pool towel on the floor or carpet works well too!

POUND® is an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose and rockin' out!

Equipment needed: Ripstix®, drum sticks or any stick-like objects you can find at home. Can't find any? Air drum!

MOVEMENT BREAK Only have 15 minutes during your work day? Spend it with us in order to reset your posture, improve circulation, and relieve any aches or pains you may have.

Equipment needed: no equipment needed.