

CLASS DESCRIPTIONS

ZOOM, INSTAGRAM AND OUTDOOR FITNESS CLASSES

BARRE Classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training combined with high reps of small range-of-motion movements!

Equipment needed: no equipment needed.

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.

FULL BODY HIIT This total body class focuses on achieving muscular strength through exercises targeting all muscle groups. This is a perfect class for someone looking to tone the body. This class is perfect to burn fat and gain strength.

Equipment needed: no equipment required. Some classes may need a floor mat.

HARDCORE This 15 minute ab-blasting class is designed to crush your core! Whether you're looking for the superficial 6 pack some of us dream of, or just want to strengthen your core, this is the class for you! Core muscles aid in everyday movement, stability, and breathing so don't miss out!

Equipment Needed: Bands, Dumbbells

HIIT AND RUN Boost your running performance, build strength, and burn calories during this 45 minute high-intensity interval training (HIIT) workout. Alternating between short periods of intense bursts and moderate recovery pace while running – combined with a total-body strength circuit – these sessions are designed to take your fitness to the next level.

Equipment Needed: no equipment needed.

LOWER BODY This class will focus on toning and strengthening the lower body, including glutes, legs, calves and hamstrings.

Equipment needed: No equipment required. Some classes may need a floor mat.

PIYO A low impact, high intensity full body workout. Build strength, improve flexibility and tone muscles with low impact plyometrics, yoga and Pilates-inspired movements set to a fast pace to help burn fat while sculpting lean muscles.

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

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!

TABATA A daring and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest – for 8 rounds. These 4 minute intervals are used to increase athletic performance, and decrease body fat.

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

VINYASA YOGA 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!

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.

EXOS AT HOME CLASSES

ADVANCED KETTLEBELL Designed for experienced kettlebell users and those looking to hone their skills, Advanced Kettlebell follows Russian or hard-style training. Class begins with mobility and stability drills, followed by a focused skills session, and ends with strength training. Expect to work hard and reach for your personal best.

Equipment needed: At least three kettlebells: one light, one medium, and one heavy.

BODYWEIGHT METABOLIC Keep on crushing performance goals with our 30-minute bodyweight metabolic workout. We create an express metabolic challenge with a combination of total-body, bodyweight strength, and plyometric movements.

No equipment required. Dumbbells and weights can be used to dial up the intensity.

FLOW YOGA Enhance the strength, balance, and flexibility of your body and mind through this 30-minute yoga flow experience. All levels welcome.

Equipment Needed: Have a yoga mat or soft surface for the session. You may need a yoga block or stretch strap to modify some movements. A shoe box or books can be a substitute for a yoga block. A belt or tie can be used as a stretching strap.

LOW INTENSITY WORKOUT Get up and get moving with our 25-minute low-intensity workout. This foundational, total-body workout combines bodyweight strength and mobility to invigorate, not annihilate.

No equipment required. If you'd like to dial up the intensity and you've got dumbbells or weights, have them with you and we'll show where they can fit in the workout.

MINDSET PRACTICE Take five to refocus your mind and bolster your resilience, so you can keep performing your best throughout your day.

No equipment required.

SPORT PERFORMANCE If you're aiming to improve mobility, strength, power, speed, and conditioning, this progressive, three-part workout series is for you. You'll learn some of the movements and training techniques professional athletes come to us for.

Equipment: Dumbbells and a soft tissue ball (we'll be using the Hyperice Hypersphere vibrating ball) for cool-down.

STRENGTH WORKOUT Get strong and stoke your metabolism with this full body, dynamic workout.

Equipment: Light, medium, and heavy weights will be used as well as a mat and a soft tissue ball for cool-down.