

## CLASS DESCRIPTIONS

**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: access to a chair is recommended. Some classes may offer weight options.

**BEGINNER STRENGTH** Keep the workout but ditch the impact! Classes will incorporate strength training movements with dialed-back intensity, and oftentimes end with a heart-pumping finisher using lower-impact exercises.

Equipment needed: no equipment required. Weight options encouraged; instructor will offer alternatives as 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.

**TOTAL 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 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!