

# Fitness Class Descriptions – Downtown Location

Program	Description	Type	Level	Intensity
<b>Aqua Power</b>	a low impact, water resistance total body fitness workout	aqua	multi-level	moderate
<b>Barre</b>	ballet inspired high muscle endurance workout that fuses ballet conditioning, light toning, Pilates and yoga elements together	strength, core, stability, stretch	multi-level	moderate
 <b>LES MILLS BODYFLOW</b>	a motivating series of yoga, tai chi and pilates that builds flexibility and strength while leaving you feeling calm and centered and brings the body into a state of harmony and balance	core strength, flexibility, stretching	multi-level	low to moderate
 <b>LES MILLS BODYPUMP</b>	a strength based workout that challenges all big muscle groups by using the best weight-room exercises like squats, presses, lifts and curls	strength	multi-level	moderate
<b>Bootcamp</b>	an interval training class utilizing dumbbells, barbells, bands, kettle bells, and ropes for strength and cardio exercises	intervals, circuits, sports training	multi-level	high
<b>Cardi-Yo Sculpt</b>	a Pilates and yoga inspired power strength workout with a focus on agility, core conditioning, balance and flexibility that adds in bursts of high energy cardio segments	cardio, strength, core, stretching,	multi-level	moderate
<b>Core Xpress</b>	this 30 minute blast combines multi-joint exercises to focus on the entire core of your body which includes abdominal muscles, hip, low back, and spine muscles while challenging your endurance	core strength, flexibility	multi-level	moderate
<b>Cycle</b>	a multi-level class appropriate for all fitness levels includes pedaling on a stationary bike as the instructor takes the class through an “imaginary ride” through hill climbs, sprints and other drills	cycle, cardio	multi-level	moderate to high
<b>Functional Fitness</b>	a unique full body fitness class that addresses how we live and move on a daily basis; focus on stretching, light strength exercises and balancing elements to help preserve your overall health and fitness	strength, stretching, core stability	beginner to intermediate	low to moderate
<b>Hydro HIIT</b>	A low impact, high intensity water workout that incorporates interval training, circuit training and strength training for a total body workout.	aqua	intermediate to advanced	high
<b>Pilates Core</b>	improve flexibility, balance, low-back health and posture, while strengthening your core muscles in your back, waist, hips and abdominals through the traditional use of Pilates exercises	restorative, core, stretching	multi-level	low to moderate
 <b>LES MILLS RPM</b>	a ride that uses simulated hill climbs, sprints and flat riding where you control the intensity and let the motivational music tracks inspire the various speeds and terrains	cycle, cardio	multi-level	moderate to high
<b>Senior Fitness</b>	this class uses simple dance steps to get you movin’ and groovin’; light hand weights are used to add a strength component and gentle stretching closes the class	floor aerobics, strength, stretching	beginner	low to moderate
 <b>SHOCKWAVE</b>	circuit challenge utilizing a specially designed WaterRower GX machine to provide bursts of high intensity intervals along with functional strength stations to tone legs, core and arms	circuit training, rowing	multi-level	moderate to high
<b>Yoga/ Yoga Flow/ Gentle Yoga</b>	<b>yoga</b> uses traditional principles and poses with emphasis on proper yoga alignment; a variety of yoga practices are used (beginning yoga is offered); <b>flow yoga</b> is a constantly moving workout focusing on strength and flexibility while flowing through yoga poses and ending with relaxation; <b>gentle</b> allows for proper yoga principles and poses while emphasizing deep, slow stretching techniques	restorative yoga, stretching, relaxation	multi-level	low to moderate
 <b>TRX</b> Suspension Training	suspension training using body weight to develop muscular strength, balance, flexibility and core stability simultaneously	strength, core, flexibility	multi-level	low to moderate
<b>HIIT Strength</b>	high intensity cardio intervals combined with strength exercises using bodyweight, dumbbells, resistance bands, and gliders	cardio, strength, core	multi-level	moderate to high
 <b>ZUMBA</b> fitness	a Latin inspired dance fitness workout that combines fast and slow rhythms to achieve a unique balance of cardio and muscle-toning	dance, cardio	multi-level	low to moderate
<b>Cardio &amp; Core</b>	a workout combining 30 minutes of cardio followed by 30 minutes of core and back work	cardio, strength, core	multi-level	low to moderate

# Fitness Class Descriptions – Valley Location

Program	Description	Type	Level	Intensity
<b>Aqua Fitness</b>	a low impact, water resistance total body fitness workout	aqua	multi-level	moderate
<b>Barre</b>	ballet inspired high muscle endurance workout that fuses ballet conditioning, light toning, Pilates and yoga elements together	strength, core, stretch, stability	multi-level	moderate
<b>Cycle</b>	a multi-level class appropriate for all fitness levels includes pedaling on a stationary bike as the instructor takes the class through an “imaginary ride” through hill climbs, sprints and other drills	cycle, cardio	multi-level	moderate to high
 <b>INDO ROW</b>	a transformative total-body workout that challenges the body and focuses the mind using aspects of competitive rowing; class creates a team dynamic to encourage everyone to work towards their fitness goals; <b>Indo-Row/ ShockWave</b> is a 60 minute class that combines elements of both programs for a challenging and effective workout	cardio, rowing	beginner to multi-level	low to high
<b>Strength</b>	workout emphasizes strength exercises utilizing dumbbells, weighted bars, bands or body weight to provide a total-body strength workout	strength	multi-level	low to high
 <b>TRX</b> Suspension Training®	suspension training using body weight to develop strength, balance, flexibility and core stability simultaneously	strength, core stability, flexibility	multi-level	low to moderate
<b>Yoga/ Yoga Flow/ Gentle Yoga/ Power Yoga</b>	<b>yoga</b> uses traditional principles and poses with emphasis on proper yoga alignment; a variety of yoga practices are used; <b>yoga flow</b> is a constantly moving workout focusing on strength and flexibility while flowing through yoga poses and ending with relaxation; <b>gentle</b> allows for proper yoga principles and poses while emphasizing deep, slow stretching techniques; <b>power</b> is a vigorous fitness-based approach to yoga	restorative yoga, stretching, relaxation	multi-level	low to moderate
 <b>SHOCKWAVE</b>	circuit format using a specially designed WaterRower GX rowing machine to provide short bursts of intense intervals with functional strength stations designed to tone legs, core and arms; <b>ShockWave Extreme</b> is a 60 minute class that has a challenging strength and core component added to the class	circuit training, rowing	multi-level	moderate to high