



CLASS DESCRIPTIONS

ADVANCED YOGA

A progressed practice for advanced yogis looking to deepen their practice. Although there will still be modifications, more advanced sequences will be explored. Previous Yoga experience is recommended.

BARRE

Come enjoy a ballet inspired total body strength workout using a combination of basic ballet and fitness movements. No dance experience necessary!

BOOTCAMP

This circuit style class provides a full body work out, using limited equipment. It includes a wide variety of exercise techniques, such as cardiovascular work, strength training, and plyometrics.

CYCLE

Using the coach by color training technology, participants will be lead through a fun indoor cycling class. Using the bike's monitor, participants will be able to measure their revolutions per minute, resistance level, watts, and training zone.

GUIDED MEDITATION

Learn how to just be. This class introduces the basics of meditating and offers different guided meditations each week.

HIP HOP CARDIO

Hip Hop Cardio is a dance fitness class that incorporates the fundamentals of basic hip-hop to achieve a moderate-high intensity cardiovascular workout. No dance experience necessary!

KICKBOXING

Punch and kick your way into this aerobic class! You will learn the basics of kickboxing and sweat your way to a higher fitness level.

LOWER BODY BLAST

Glutes, quads, hamstrings, abductors / adductors, and calves! Feel the burn in this 30 minute muscle blasting workout.

F45

F45 stands for functional 45 minutes. This functional training program is based on a high intensity interval training (HIIT) style workout. With over 27 different workouts and 3,000 different exercises, no two classes are ever the same.

F45 BOOTCAMP

This workout is comprised of functional movements in multiple timing options that mimic the F45 Athletica workout. Patrons that are new to exercise can become familiar with our current F45 classes, and F45 Bootcamp is also for advanced individuals who need a challenge. There are multiple programs that use zero equipment and multiple programs that use equipment. Come join a 45 minute High Intensity Interval Training that will jump start your day and recharge your metabolism.

PILATES

A mind body experience that focuses on muscle strength and toning, balance, body alignment, core stabilization, and flexibility.

POP PILATES

POP Pilates is a Group Exercise fusion class that incorporates strength, cardio, and dance into a choreographed, mat-based, and Pilates inspired workout!

POWER YOGA

A faster paced yoga class that will challenge the body and the mind. This class will get your heart beating, as well as offer strength based poses. Variations will be offered for all levels. The room may be heated.

RESTORATIVE YOGA

This class will begin with deep stretching and restorative yoga poses, then finish with a guided meditation focusing on relaxing the body and drawing attention within. You will leave feeling great!

STEP AND TONE

A mix of step aerobics and strength training in one exciting workout! It allows you to work both your heart and your muscles extensively in one class!

STEP

Step aerobics is a fun and exciting way to work on your cardiovascular fitness. Unlike Step and Tone, this class will focus only on the step combinations.

STRONG BY ZUMBA

“Strong by Zumba is music-led high intensity workout. This 1-hour bodyweight group ex class blends plyometrics, muscle conditioning and intense cardio for the ultimate full body workout; but the key is the music.” –Zumba

SWEAT

This class utilizes weight-training exercises that will develop total body muscular endurance, mixed with cardio bursts that will increase your heart rate. The class will follow the format of Lower Body Resistance Training, Upper Body Resistance Training, Cardio, and Core!

**TOTAL
CORE**

This is 30 minutes of intense core conditioning, focusing on the muscular endurance of your abdominals, obliques, and lower back.

TRAMPOLINE

Jump on into this new fitness class. Utilizing individual trampolines, this class is a great way to boost your cardio and strength!

**TRX
TOTAL
BODY**

This is an introduction class to TRX suspension training aimed at building strength and endurance to give you the ultimate total body work out! This class takes place at the Knights Plaza facility.

**UPPER
BODY
BLAST**

Focus on the muscular endurance of your upper body including your chest, back, deltoids, biceps and triceps in this 30 minute class.

YOGA

Come move with your breath and intention. Find space and move freely to find your flexibility. This is an all levels class.

**YOGA
NIDRA
MEDITATION**

Yoga Nidra is an ancient meditation practice from India. Though the literal translation of Nidra is “sleep” it also means “a changing state of consciousness” which is brought about as you connect with your mind and body. This meditation practice uses aerial hammocks to aid the body in feeling relaxed and comfortable. Yoga mats are also available for a stationary practice.

ZUMBA

A dance fitness class using Latin and International music with a combination of rhythms that keep you moving to the beat! No dance experience necessary!