

Class Name	Level	Level B: Beginner Appropriate. Level A: All Levels. Level C: Challenge. Level F: Family. Level Y: Youth
CARDIO/TONING CLASSES		
Abs, Back, & Booty	A	Just as the class name suggests, you will work your abs, back & booty to the max! This class will focus on the muscles of the core, so get ready to squat, squeeze, plank & crunch like never before. . It's a great way to mix up your workout routine!
Barre Fitness	A	Barre Fitness is a unique high/energy non impact workout that combines the ballet barre, light weights, sponge ball, and mat work to lengthen and sculpt your muscles and create a beautiful, lean body. Using Ballet & Pilates dynamic exercises combined with Yoga stretches, your muscles are targeted and overloaded to the point of fatigue and then stretched for relief. Join us for this muscle-defining waist-chiseling, seat lifting workout so you too can experience all the wonderful results it will give you!
BODYPUMP™	A	BodyPump™ is a barbell based strength training class that will pump up your fitness level and help change the shape of your body! This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for – and fast! Benefits of BodyPump™ are increased strength, muscle definition and a more efficient metabolism to help you burn calories 24-7!
Circuit	A	This Personal Trainer lead workout is a series of strength and conditioning stations targeting specific muscle groups giving you a total body workout that's fun and effective. Find Circuit classes on the Bridge.
INSANITY	C	Insanity is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills on top of intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape modifications are given.
Interval + Tone	C	Are you looking for an intense calorie burning, fat busting, heart conditioning workout? Then this is your class! It combines Cardio Drills, various equipment for toning, and bodyweight to elevate your heartrate and keep it up. This progressive and challenging class will leave you wanting more!
Intro Class Series	B	Want to try a new class but have some unanswered question? The Intro Group Fitness series (Bodypump, Cycling, & Barre) allows you to learn about specific classes before showing up to you first one! The first half of each intro class teaches you the technique, equipment, and activity you will do for that class format. The second half will be a mini version of an actual class so you can experience wht the exercises will be like. These Intro classes will prepare you to walk into your next group fitness class with confidence! Each format offered three to four times a year & no sign up necessary.
Beginner Circuit	B	Beginner Circuit is a low impact circuit class lead by Tami a certified personal trainer that will lead you through a series of different exercises using a variety of equipment. This class is designed for those new to fitness or just want more guidance in the fitness center from a trained professional.
Muscle Fitness	A	Strength training isn't just for the weight room. Muscle Fitness is the ultimate class designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, body bars, stability balls, and gliding discs. This class is fun, effective, and for all levels of fitness.
P90X®	C	P90X® group fitness concept uses the science of Muscle Confusion™, a total-body program that incorporates strength training, cardio, core work, and flexibility, to challenge your body with new moves and routines. So your results never plateau, and you get in better shape in less time. Combined with motivational music, high energy and amazing Instructors, you are guaranteed to be motivated!
Raw Groove	A	Get your groove on! A hot and sweaty dance party with the best hip-hop and top 40 popular music. This non-stop, 60 minute workout will melt away fat while boosting your dance skills like never before.
SilverSneakers® Classic	B	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.
Tabata Toning	A	Tabata Toning is a 30 minute HIIT (high intensity interval training) class that consists of short intervals of strength training exercises using a variety of equipment followed by an even shorter interval of recovery. This class is guaranteed to have you sweating and burning a ton of calories. Tabata Toning will help you increase your strength and decrease fat. There is no part of your body that doesn't get worked. Class is suitable for beginner to advanced, as various intensities will be demonstrated.
Total Body Fitness	A	Total Body Fitness - Designed to strengthen the cardiovascular system, tone muscles, and boost balance, flexibility, endurance and speed. We use dumbbells, resistance bands, foam rollers, BOSU, elevated benches and other equipment. Exercises can be modified to accommodate all fitness levels.
Zumba®	A	Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, and calypso and Salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body with easy to follow dance moves! No dance experience required.
CYCLING CLASSES		
Cycle 45	A	45 minutes of action packed cycling something for everyone! Intervals, rolling hills, sprints, climbs, runds, surges, & jumps, all to music to motivate & inspire! This is a great workout if you want to burn calories & increase endurance. Get ready for a great Ride! All fitness levles welcome!
Cycle 60	A	60 minutes of a fun, athletic, cardiovascular indoor cycling class - the ultimate calories killer. Start pedaling and let go as the music takes you on the ride of your life along various terrain, speeds and intensities. Go at your own pace and enjoy a group exercise session full of motivation and sweat!! All fitness levels welcome.

RPM (Les Mills)	C	RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race.
Sport Cycling		Looking to improve your cycling performance, cross-train for power, speed, and/or endurance, or even just to improve your health and fitness? Sport Cycling will focus on the best that road cycling training has to offer to help you find or refine the athlete within, whether you're a novice or a pro.
MIND & BODY CLASSES		
Candlelight Yoga	A	Candlelight yoga is a perfect way to find relaxation & tranquility, or to rejuvenate your spirit at the end of a long day. Make a mind body connection that will aid in your body's flexibility and strength. The focus of this class is to learn what the body can do and honor its accomplishments. All levels are welcomed and encouraged. No experience needed. You will be surprised how quickly your flexibility and strength increases.
Yogaflow	A	Open to all levels of practice and abilities, our soothing gentle class focuses on an exploration of yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility, while immersing yourself in a relaxing class that allows ample time to enjoy each pose. Expect lots of stretching & lingering in supported seated poses. Meditation and relaxation techniques will also be introduced, perfect for stress relief and overall well being. (A)
Restorative Yoga	B	Soothe your soul in this restorative class! Restorative yoga is typically done on the floor with lots of supportive props coupled with soothing music to help the body release. Restorative poses are an important part of any long-term yoga practice: they recharge our energy reserves, heal the effects of stress, and bring our nervous systems into a more balanced state. This class will leave you feeling relaxed, refreshed and renewed. Appropriate for all levels.
Vinyasa Yoga	A	Vinyasa means breath-synchronized movement. When used to describe a style of yoga, Vinyasa means that poses will flow from one to another in conjunction with the breath. Vinyasa Flow is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Class builds heat, endurance, flexibility, strength. The creative sequencing found in a vinyasa class is often built around surya namaskar (sun salutations) .
Yoga Level 1	A	Perfect for students comfortable with a beginner's class and ready for a challenge - our level 1 classes offer well rounded sequences of postures. In level 1 or higher, teachers often call out poses in English or Sanskrit and the class is not typically based on demonstration therefore familiarity of poses practiced in level 1 is important. For advanced beginner to intermediate level vinyasa yoga students.
Yoga Mixed Level	A	This class is designed for a wide variety of levels from beginners to more advanced students.. Gain a deeper awareness of your body and develop higher levels of focus, strength, flexibility and endurance. You'll continue to develop an understanding and appreciation of the integration of asana, pranayama breathing, and meditation. Modifications will be introduced for complex poses so that beginners can work comfortably at their own level. A great class for level 1's and 2's.
Yoga Strength	C	Yoga Strength with Weights is a revolutionary method that combines a yoga flow with strength training to provide a transformational workout designed to sculpt, lengthen, and challenge every muscle. Yes, you'll also tone the body, increase bone density, and help prevent osteoporosis when practicing both yoga and strength training!
WATER EXERCISE		
Aquafit	A	This class combines segments of cardio and strength training using water approved weight resistance tools. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!
Aqua Instructor Choice	A	Add diversity to your weekly work out with different water classes each week to keep you motivated and challenged. Our instructors will choose from our regular water class descriptions adding an element of surprise to your workout and variety to your life.
Rapid Liquid Cardio	C	40 minutes of non-stop cardio intervals. It starts with a combination of aqua sprints, punches and kicks will leave you sweating in the water, followed by strengthening and toning using varying aqua tools and water resistance. This class is challenging and exciting – working in this liquid room will keep you inspired and wanting more!
SilverSneakers® Splash	A	Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.