

# Fitness Class Descriptions

Class	Description
<b>50/50 - Cycle/Strength</b> <i>No clip-in shoes!</i>	All levels are welcome for a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills—including intervals of cycling and strength training OFF the bike.
<b>High Low</b>	A throwback to the old school days of Hi-Lo Aerobics. This class brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.
<b>Power Pump</b>	Group strength and conditioning class that uses a variety of equipment from weights, resistance bands, stability trainers, disks etc., to increase strength and endurance. Equipment is provided to set up your own “workout space”, with an instructor led workout.
<b>Stages Cycling</b>	A dynamic multimedia fitness experience that allows indoor cyclists to set goals and track performance. Bike reservations ahead of class time are required. See instructions on the “Class Schedule” to create an account and reserve a bike for your class time.
<b>Strength Training</b>	Whether you’re new to strength training or are a weightlifting pro, all levels are welcome! This class focuses on building and toning muscles with a variety of equipment and training formats. Proper form and muscle use is taught. Build strength, shed fat, and burn calories!
<b>Surge Strength</b>	Surge Strength is a high-rep, targeted, ALL weight training workout - set to music you know and love! You will shape and tone every muscle with a fun and powerful full-body workout and leave you feeling lean and strong!
<b>UpBeat Barre</b>	A combinations of strength training, pilates, cardio, and yoga into a high-energy fusion of fun with popular tunes. This class is an intense but accessible muscular-endurance workout.
<b>UpBeat Lift</b>	Get popular tunes, choreographed for an intense and accessible muscular strength workout. This class combines pure strength SUPERSET with progressive overload endurance training— isolating muscle groups and working to failure with heavy weights and drop-sets to build endurance.
<b>UpBeat Pilates</b>	A high-energy mat class that utilizes traditional pilates elements and equipment in an UpBeat way. Choreographed movements to popular tunes for a core-focused, full-body, sweaty workout that leaves no muscle behind.
<b>Yoga</b>	Thrive in life by nurturing body, mind, and soul with yoga! Weaving spiritual teachings, pranayama, asana and laughter, the class will have you step off the mat feeling balanced in all aspects of your life.
<b>Yoga - Flow</b>	A continuous flow of yoga poses that increase strength, flexibility and balance while focusing on syncing the breath with movement which will calm the mind and reduce stress.
<b>Yoga - Hatha</b>	A practice involving breath, body, and mind work with an emphasis on Iyengar style (a slower pace of yoga). There is focus on postures and breathing techniques to channel vital energy sources using props and breathwork.
<b>Yoga - Hatha Fusion</b>	Bringing the best of east and west with Hatha Yoga and the practice of Qi Gong and Tai Chi. Emphasizing fluid movements and energy work to promote healthy flow and reduce stagnation of Qi/Chi and Prana (the vital energies of the body).
<b>Yoga - Power</b>	A fitness-focused style of yoga that builds strength, flexibility, and stamina. It combines dynamic movements with breath control to energize the body and center the mind.
<b>Yoga - Restorative/Yen</b>	A gentle yoga involving long holds in restful poses to improve stiff muscles and joints and promote relaxation.

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.