

Fitness Class Descriptions

Class	Description
Barre	Use ballet movements and techniques (dance experience not required) to work core, legs, and upper body. Class uses light weights, bands, exercise balls, and body weight for training. All fitness levels welcome.
Circuit	Rotate between stations and equipment for a cardio strength interval style full-body workout.
Core	Strengthen your lower back and abs. Instructors use various equipment to guide you through exercises.
HIGH Fitness	High classes mix high intensity workouts with moderate/active recovery. All fitness levels welcome to push toward HIGHER levels of cardio and training in this modern twist on aerobics. <ul style="list-style-type: none"> • LOW: just like a HIGH class, but LOW focuses on cardio and toning with low-impact aerobics moves. • YO: action paced HIGH levels of Yoga. Class helps strength, balance, and flexibility
LaBlast	Instructors lead participants in cardio workout with ballroom dance steps.
Lift	Define and sculpt your body with full body strength and conditioning. Each workout focuses on different exercises.
Muscle Mix	Weight training class uses a variety of equipment for a total body muscle sculpt.
Senior Fitness	Gentle fitness class with a focus on posture, balance, and range of motion. Great for those with limited mobility, most exercises done while seated.
Surge FiT	High Intensity Interval Training (HIIT) workout class with high-rep strength training.
Surge Strength	Choreographed weight lifting class with a full-body workout focus.
Spin*	Group exercise riding stationary bikes to music with a motivating instructor. Classes focus on endurance, interval, speed, play, strength, and performance. All fitness levels welcome. <i>*All bikes have toe cages, SPD, and LOOK Clips.</i>
Sports Conditioning	This non-choreographed workout combines conditioning and strength intervals to focus on agility, conditioning, and strength. Workout with a variety of equipment.
Step	Cardio aerobic class that uses the Step platform for a choreographed workout.
TRX	Use your body weight and gravity with TRX suspension trainers to develop strength, balance, flexibility, and core stability.
Yoga	Use a variety of yoga techniques to focus on strength, flexibility, balance, and relaxation. <ul style="list-style-type: none"> • Vinyasa: Move between yoga postures guided by your breath in this moving meditation form of yoga.
ZUMBA	Aerobic fitness class with movements and music from, and inspired by, Latin America.

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