

# Fitness Class Descriptions

Class	Description
<b>Barre &amp; Barre-lates</b>	A low-impact, full-body workout blending ballet, yoga, and Pilates, focusing on small, isometric movements (pulses, holds) with high reps to build lean muscle, strength, and flexibility.
<b>Body Technique</b>	Full body training using a combination of large ball Pilates, Barre, and Yoga exercises with awareness of weight placement, alignment, energy direction and breathing techniques.
<b>Bolly X</b>	Inspired and driven by the heart-pumping, energetic rhythms of Bollywood. A cross of dynamic choreography with high-intensity interval training (HIIT).
<b>Cardio Intervals</b>	Alternating between high-intensity work and low-intensity recovery intervals. Improve your cardio health and have fun with a variety of cardio exercises. All fitness levels welcome!
<b>Cycle &amp; Tone</b>	Combination of cardio & strength using cycling & weights, circuits, and core.
<b>Dance Fitness</b>	Choreographed, heart-healthy, fun, dance workout. <b>Plus</b> -10 min of stability and core exercises.
<b>Deep Stretch</b>	Come stretch your body dynamically and passively as you're guided through full body stretches.
<b>Foam Roll</b>	Using foam rollers for self-myofascial release, helping to relieve muscle tension and improve mobility.
<b>Get Fit</b>	Cardio and strength using a variety of equipment and exercises to move, build, and have fun.
<b>High Low</b>	Fun, set choreography to create an effective steady-state cardio workout.
<b>LaBlast</b>	Takes you through a diverse mix of partner free, ballroom dances set to your favorite music.
<b>Pop Pilates</b>	Strength meets flexibility. Highly-focused movements that leave your body toned and transformed.
<b>Surge Strength</b>	High-rep, targeted, ALL weight training workout! Muscle focused, weight training tracks, using dumbbells, strengthen, shape and define every muscle in your body.
<b>Stronger</b>	Traditional strength training with dumbbells and bodyweight exercises. All kinds of equipment, mixed in to keep it fresh, fun and challenging.
<b>TRX Circuit</b>	Use your body weight and gravity with TRX suspension trainers to develop strength, balance, flexibility, and core stability.
<b>Werq Like a Boss</b>	Combines dance for cardio followed by strength and mobility work! Check it all off like a boss!
<b>Yoga</b>	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. <b>Gentle Yoga</b> -slow and passive practice. <b>Fusion</b> -slow and fluid movements. <b>Gentle Rise</b> -slow flow. <b>Active Aging</b> -functional movement for strength and stability.
<b>Zumba</b>	A fun and energetic dance fitness class that combines Latin and international music with easy-to-follow dance moves.
<b>Water Aerobics Class Descriptions</b>	
<b>Arthritis</b>	Designed to be gentle on the joints.
<b>Water Aerobics</b>	Burn fat with this fast-pace workout combining intervals and work with noodles.