

GROUP FITNESS CLASS DESCRIPTIONS

Class	Descriptions
Core Blaster	<i>A focused and intense 45-minute (Mondays) or 30-minute (Thursdays) workout designed to strengthen and sculpt your entire core. Through a dynamic series of exercises targeting your abs, obliques, and lower back, this class will improve stability, posture, and overall functional strength.</i>
Total Body Pump	<i>This strength training class designed to hit every muscle of the body using dumbbells, bands, Bosu balls and more. Be prepared to burn through the best 45-minutes of your day and get your PUMP on with Matt & Robert!</i>
Vinyasa Yoga	<i>Each class will start with an uplifting theme. Vinyasa-style classes flow from one posture or pose to the next following with one's breath. This class will focus on flowing through one or two postures before moving on to the next sequence.</i>
BURNOUT Bootcamp	<i>Jump into this class if you're looking for a heart-rate kick exercise using a combination of TRX, kettlebells, battle ropes, and slam balls. On Thursday mornings, you may find yourself pushing to your max on a treadmill, as well! All ability levels are welcome!</i>
Pilates Fusion	<i>Join Ally for this powerful full-body class that blends core-driven Pilates with strength, balance, and functional movement. This workout is designed to sculpt a long, lean, defined physique while improving posture and control. Expect to leave feeling stronger, more aligned, and energized! Accessible to all levels.</i>
Skydeck Yoga	<i>Join Makenna on the Skydeck each Wednesday morning to start your day with some fresh air and a full-body flow that will be sure to help you feel refreshed heading into the second half of your week. Meet her in the health club at 6:40 a.m. before class and she will guide you up!</i>
Bootcamp Express	<i>Join Robert for a hard-hitting, 30-minute metabolic conditioning class built for speed, power, and endurance. Utilizing a Tabata-themed format (short bursts of max effort followed by brief recovery), this class is designed to push your limits and keep your heart rate soaring.</i>
Body Pump Express	<i>Join Robert for a high-efficiency, 30-minute workout designed for those who want maximum results in a minimum amount of time. This fast-paced session strips away the fluff to focus on high-volume resistance training and metabolic conditioning.</i>