

GROUP EXERCISE CLASS DESCRIPTIONS

BOOTCAMP

Personal Trainer James kicks off the weekend with a high interval training class that mixes calisthenics and body weight exercises with cardio and strength training. This class is set up with stations to keep students moving to hit every part of the body.

CYCLE

Indoor cycling program for all levels of ability. Qualified instructors lead participants through various types of rides, designed to provide a fun yet challenging workout.

DYNAMIC RESISTANCE TRAINING

Personal Trainer James brings you his science-based workout for maximum results! This class is a scientific approach to shape your body by using the most advanced and proven techniques of weightlifting.

FUNCTIONAL TRAINING W/JAMES (\$60/MONTH)

This class is not included in your membership. If you are interested in attending, please speak with James Sutton for details.

GLUTES & CORE

Personal Trainer Christina focuses on GLUTES & CORE in this new class format. Students have already experienced the benefits of working with a trainer who is an expert, with specific certifications in glutes & core! The gluteus maximus is the largest muscle in the body and an integral partner with the lumbopelvic (LPHC) structure and function. This class will focus on glute activation and strengthening of the lower posterior chain muscles - glutes, hamstrings and calves. Focus will also be on strengthening of the LPHC muscles - hip flexors, adductors, erector spinae, and abdominals. Kettlebells, dumbbells, and bodyweight exercises will all be utilized in this circuit-style class.

HIIT

Personal Trainer Cassandra brings you a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

YOGA

90 minutes of recovery and restorative yoga! It is a total mind/body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Zumba

Zumba® Fitness is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants dance away their worries. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training.