

CLASS DESCRIPTIONS

AQUA CLASS SCHEDULE

AQUA FIT~ Shallow/ Deep Combos ~ Improve bone density & cardio fitness in shallow water then go deep in the 2nd half of class to strengthen the core and improve muscular strength.

PROGRAM ROOM SCHEDULE

JUMP ROPE~ Burn Fat and Body Sculpt. A total body fat burning workout combining intervals of jump rope with strength training exercises for the upper and lower body followed by a solid section of abdominal work. Jumping rope is INTENSE!! Intermediate to advanced levels.

STRENGTH & ABS ~ Boost metabolism by incorporating weights to strengthen muscles, stabilize joints, improve posture PLUS 20 minutes of challenging abdominal exercises

CARDIO COUNTDOWN ~ High intensity cardio intervals to give you one tough workout.

60 second countdowns of exercise sequences designed to increase overall fitness & burn fat followed by a challenging 20 minute abdominal segment. Intermediate to advanced levels.

PILATES ~This class offers beginner to intermediate level exercises with variations for more experienced students.Based on the methods of Joseph Pilates.

Suitable for beginners just discovering Pilates and the proficient student.

YOGALATES ~ A Yoga and Pilates combination class that will build strength, flexibility and balance using conditioning exercises that focus on the core of the body. Comfortable for any fitness level.

TRIPLE THREAT~ A total body workout to increase overall fitness. 30 minutes spinning followed by strength training to tone,strengthen the core and improve cardiovascular fitness using any combinations of Bosu, steps, bar, dumbbells, bands and balls.

FOAM ROLLER~ Help improve flexibility and reduce the risk of injury with the foam roller, iron out the kinks and improve muscle function

MIND BODY CLASSES

YOGA BASIC~ (**Beginner**) Open to new students as well as those with an established practice. A well-balanced yoga class that emphasizes breath-directed movement, alignment and steady concentration. This class increases strength, flexibility and balance.

YOGA FLOW ~ (**Beg/Intermediate**) A flowing style of yoga cultivating a deep flow of integration of breath and movement~ Open to all levels.

SPINNING CLASSES

ENDURANCE RIDE ~ Find a comfortable pace and hold it to increase aerobic fitness by maintaining a steady heart rate during this class. Your endurance zone is 65-75% of your max heart rate, the fuel of choice in this class is FAT.

INTERVAL RIDE~ Utilizes intervals of higher intensity work with active recovery intervals to increase base fitness and get an accurate measurement of fitness improvement by monitoring recovery heart rate. Interval zone intensity is 65-92% of maximum heart rate.

STRENGTH RIDE~ Steady consistent pedaling at a higher resistance. This class promotes muscular and cardio fitness. The strength zone is 75-85% of your max heart rate.

SPIN CIRCUIT ~ Blast through a 30 minute spin ride and finish in the Program Room with 30 minutes of circuit training to improve your overall fitness, core strength, balance & agility...perfect for winter sports conditioning or just getting in shape!

KRANKING ~ Upper Body Cycling Classes

KRANK & RESTORE ~ A base building workout for the beginner exerciser & recovery workout for the advanced.65-80% of MHR(Maximum Heart Rate) workout to build cardio fitness and provide recovery to allow you to go hard on your next workout.

KRANK FLATS & ROLLING HILLS ~ Build Cardiovascular fitness and build strength, 70-90% of MHR to improve strength, muscle tone, posture and reduce body fat.

POWER KRANKING ~ A high intensity workout, it will peak heart rates while producing a high caloric burn. 60-100% of MHR.

KRANKCYCLING 20/20 ~ Cycle 20 minutes with your legs and 20 minutes with your arms all and strengthen the core. Perfect for beginner to advanced exercisers