

GroupFitnessSchedule

JANUARY 6TH – MAY 25TH
WINTER / SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:55am BODYPUMP EXPRESS 45	5:30-6:00am GRIT ATHLETIC/CARDIO	5:15-6:00am TRX Bootcamp	5:00-5:55am Boot Camp	5:30-6:30am BODYPUMP	6:50-7:20am GRIT STRENGTH	7:00-7:30am LES MILLS SPRINT
5:15-6:00am TRX Bootcamp	5:30-6:30am F4M Body Back	5:30-6:30am BODYPUMP	5:30-6:25am Group Training 2	5:30-6:25am Group Training 2	7:00-7:45am TRX Bootcamp	7:35-8:20am Boot Camp
5:30-6:25am Group Training 2	5:45-6:45am Hot Flow Yoga	5:30-6:30am F4M Strides 360	5:30-6:30am F4M Body Back	5:45-6:15am LES MILLS SPRINT	7:00-7:55am Fit Pilates	7:45-8:15am LES MILLS SPRINT
5:30-6:30am StudioCycle	5:45-6:15am LES MILLS SPRINT	5:30-6:25am Group Training 2	5:30-6:30am StudioCycle	6:00-6:45am TRX Bootcamp	7:00-8:15am Endurance Cycle	8:30-9:25am Pilates Mat
6:00-6:30am GRIT CARDIO	6:05-6:50am Boot Camp	5:45-6:15am LES MILLS SPRINT	6:00-6:30am GRIT STRENGTH	7:30-8:15am Fusion Core	7:15-8:15am Hot Flow Yoga	8:30-9:30am StudioCycle
8:20-9:20am Zumba	6:30-7:15am Yoga	5:45-6:45am Yoga	6:30-7:15am Pilates Mat	8:20-9:20am BODYFLOW	7:30-8:30am BODYPUMP	8:30-9:30am Hot Zen Strong
8:30-9:15am TRX Foundations	7:00-7:55am Pilates Reformer 1	6:00-6:45am TRX Bootcamp	7:00-7:55am Pilates Reformer 1	8:30-9:30am Hot Flow Yoga	7:45-8:45am Yoga	8:30-9:30am BODYPUMP
8:30-9:25am Pilates Mat	8:15-9:00am Pilates Barre +	7:30-8:15am Fusion Core	8:15-9:15am Roll to Release	8:30-9:30am StudioCycle	8:00-8:55am Group Training 2	9:00-10:15am Flow Yoga
8:30-9:30am StudioCycle	8:30-9:15am Pilates Mixed Equipmt.	8:30-9:15am Pilates Barre	8:30-9:15am Pilates Mixed Equipmt.	8:30-9:30am Freestyle Step	8:00-9:00am F4M Body Back	9:35-10:35am BODYCOMBAT
8:30-9:30am Hot Flow Yoga	8:30-9:30am BODYPUMP	8:30-9:25am Pilates Reformer 1	8:30-9:15am TRX	8:30-9:25am Pilates Reformer 1	8:30-9:15am Cycle45	9:30-10:15am Pilates Barre
9:00-10:00am Boot Camp	8:45-9:30am RevCycle	8:30-9:30am Zen Strong	8:30-9:25am Fit Pilates	9:00-9:45am Pilates Barre	8:30-9:15am Hot Pilates Sculpt	10:30-11:25am Pilates Reformer 2
9:20-9:50am Rip 30 Foundations	8:30-9:30am Hot Flow Yoga	8:30-9:30am Sculpt	8:30-9:30am Hot Flow Yoga	9:00-9:55am Group Training 3	8:30-9:15am Pilates Barre	10:30-11:30am Yoga
9:25-10:20am Sculpt	8:30-9:15am TRX	8:30-9:30am StudioCycle	8:30-9:30am BODYSTEP	9:30-10:30am Flow Yoga	8:35-9:35am BODYSTEP	10:40-11:40am BODYFLOW
9:30-10:30am F4M Stroller Strides	9:00am-10:00am BODYFLOW	8:30-9:30am Qigong	8:45-9:30am RevCycle	9:30-10:15am TRX Functional Fitness	9:00-10:15am Slow Flow Yoga	12:00-1:00pm Zumba
9:30-10:25am Pilates Reformer 2	9:20-10:05am Tai Chi Fundamentals	9:00-9:55am Group Training 3	9:30-10:30am F4M Strides 360	9:35-10:35am BODYPUMP	9:15-10:15am F4M Strides 360	4:00-5:00pm Hot Flow Yoga
9:45-10:15am Les Mills Sprint	9:30-10:25am Beginner Weight Training	9:30-10:25am Everybody Pilates	9:30-10:25am Pilates Reformer 2	9:45-10:45am Mild Yoga & Meditation	9:30-10:25am Pilates Reformer 1	4:00-5:00pm BODYPUMP
9:45-10:45am Hot Roll to Release	9:30-10:30am F4M Strides 360	9:30-10:30am F4M Stroller Strides	9:30-10:25am Ladies Lifting	10:00-10:55am Pilates Mat	9:30-10:45am Hot Yin Yoga	4:00-5:00pm Pre/Postnatal Yoga
9:45-11:00am Yoga	9:35am-10:05am CXWORX	9:35-10:35am BODYATTACK	9:30-10:30am Yoga for Back Care 2	10:40-11:10am CXWORX	9:40-10:10am CXWORX	5:05-6:05pm BODYFLOW
10:00-10:55am Group Training 1	9:45-10:30am Hot Pilates Sculpt	9:45-10:45am Hot Roll to Release	9:30-10:30am Flow Yoga	10:45-11:30am Tai Chi: Health & Arthritis	9:40-10:40am Sculpt	
10:25-11:25am Strength Circuit	10:15-11:10am Everybody Yoga	9:45-10:40am Pilates Mat	9:35-10:35am BODYPUMP	11:00-11:55am Group Training 2	10:20-10:50am LES MILLS BARRE	
10:35-11:35am BODYFLOW	10:15-11:15am Move Your Assets	10:45-11:30am Pilates Tower	9:45-10:30am Hot Pilates Sculpt	11:00-11:55am Everybody Pilates	10:30-11:15am Pilates Tower	
11:00-11:15am Meditation	11:30am-12:30pm Roll to Release	10:45-11:45am BODYFLOW	10:45-11:45am Body Boost	11:15am-12:00pm Pilates Mixed Equipmt.	10:45-11:45am Zumba	
11:00-11:55am Group Training 2	11:45am-12:40pm Pilates Reformer 1	10:45-11:30am Low Impact Circuit	11:30am-12:00pm Rip 30	11:30am-12:15pm Tai Chi 24 Forms	12:00-1:00pm BODYPUMP	
11:30am-12:00pm GRIT Choice	12:00-1:00pm BODYPUMP	11:00-11:55am Group Training 2	11:45am-12:40pm Pilates Reformer 1	12:00-12:30pm LES MILLS SPRINT		
11:30am-12:15pm Intermediate Tai Chi	12:00-12:30pm Cycle30	11:45am-12:30pm Zumba	12:00-1:00pm BODYPUMP	12:30-1:00pm CrossTrain		
11:45am-12:40pm Pilates Reformer 1	12:30-1:00pm CrossTrain	12:00-12:55pm Group Training 3	12:15-1:15pm Everybody Yoga	12:35-1:05pm GRIT CARDIO/ATHLETIC		
12:00-12:55pm Group Training 3	1:30-2:45pm Slow Flow Yoga	12:35-1:05pm GRIT STRENGTH	1:30-2:45pm Slow Flow Yoga	4:35-5:35pm BODYPUMP		
12:00-1:00pm Hot Flow Yoga	4:00-4:30pm CXWORX	4:10-5:10pm BODYPUMP	4:10-5:10pm BODYSTEP/ATTACK	5:40-6:10pm LES MILLS BARRE		
12:05-1:05pm BODYSTEP	4:30-5:15pm Cycle45	4:30-5:00pm LES MILLS BARRE	4:30-5:15pm Hot Pilates Sculpt	6:15-7:15pm WERQ		
4:00-4:30pm LES MILLS BARRE	4:35-5:05pm BODYATTACK EXPRESS 30	4:30-5:30pm Hot Flow Yoga	4:45-5:15pm LES MILLS SPRINT			
4:10-4:55pm Boot Camp	5:10-6:10pm Sculpt	5:10-5:55pm Bootcamp	5:15-6:15pm BODYPUMP			
4:15-5:10pm Pilates Reformer 1	5:30-6:25pm Pilates Reformer 1	5:15-5:45pm CXWORX	5:30-6:25pm Pilates Reformer 1			
4:35-5:05pm CXWORX	5:30-6:30pm Performance Cycle**	5:30-6:25pm Pilates Reformer 2	5:30-6:15pm TRX Functional Fitness			
5:00-5:45pm TRX	5:30-6:30pm Hot Flow Yoga	5:30-6:00pm LES MILLS SPRINT	5:30-6:30pm Performance Cycle**			
5:10-6:10pm BODYCOMBAT	5:45-6:40pm Pilates Mat	5:30-6:45pm Yin Yoga	5:30-6:30pm Zen Strong			
5:30-6:30pm Hot Roll to Release	6:00-7:00pm Yoga	5:50-6:50pm BODYCOMBAT	5:45-6:40pm Pilates Mat + Barre			
5:45-6:30pm Cycle45	6:15-7:15pm BODYSTEP	6:00-6:55pm Group Training 2	6:00-6:45pm Prenatal Aquafit			
6:00-6:55pm Group Training 2	6:30-7:30pm F4M Fit4Baby Prenatal	6:00-7:15pm Flow Yoga	6:15-6:45pm Rip 30			
6:00-7:15pm Flow Yoga	6:45-7:45pm Mild Yoga & Meditation	6:15-7:15pm StudioCycle	6:20-6:50pm CXWORX			
6:15-7:15pm BODYPUMP	7:20-8:20pm BODYPUMP	6:55-7:55pm WERQ	6:15-7:15pm BODYFLOW			
6:20-7:20pm BODYFLOW		7:00-8:00pm F4M Body Back	6:45-7:45pm Yoga for Back Care 2			
6:30-7:25pm Pilates Reformer 1			6:45-8:00pm Hot Yin Yoga			
6:45-8:00pm Hot Yin Yoga			6:55-7:55pm Zumba			
7:00-8:00pm F4M Body Back						
7:20-8:20pm BODYJAM + Zumba						

LEGEND

- M Included in Membership
- \$ Fit Pass Class
- \$\$ Additional Fee
- ✓ Pre-Registration Required
- W Located at Wellness Studio
- O Located Offsite / Outdoor

REGISTRATION

Please visit harborathletic.com to register for classes or use the **MindBody** app on your mobile device.

KID'S CLUB HOURS

Monday – Thursday:
8:00am-8:00pm

Friday:
8:00am-6:00 pm

Saturday – Sunday:
8:00am-2:00pm

** Class ends before end of schedule

All information is subject to change





Group Fitness Schedule

WINTER / SPRING 2020

www.HarborAthletic.com
608.831.6500 | info@HarborAthletic.com

YOGA

EveryBODY Yoga: Gentle class to increase strength, mobility and balance using a chair as the main prop. The class will provide modifications for everyBODY. Appropriate for those with joint pain, limited range of motion, fibromyalgia, arthritis and overweight.

Flow Yoga: Vinyasa flow linking body and breath. Designed to build strength, lengthen muscles and increase flexibility.

Yin Yoga: It is a practice in stillness, patience, and non-reactivity. Expect passive postures, mainly on the floor with longer holds, up to 3-5 minutes per pose. Yoga experience recommended.

Slow Flow Yoga: A slower paced vinyasa flow class linking body and breath allowing time to go deeper and enjoy the postures.

Yoga: Align and strengthen to promote flexibility in the body. Expect seated and standing poses, twists, backbends, forward folds, hip openers and inversions. Variations and modifications offered for all students.

Yoga for Back Care: Learn how to take care of your back to maintain a healthy spine by strengthening your core muscles, relaxing your nervous system and gaining flexibility around the pelvis. Note: this class is not intended to diagnose or treat back pain. All participants must move from standing to seated without assistance. Yoga for Back Care 1 and instructor approval is a prerequisite for Yoga for Back Care 2.

Roll to Release: Use foam rollers and balls to release trigger points in the body. Rolling increases in circulation, improves flexibility, mobility and performance. Expect some discomfort while rolling; notice improved function after.

HOT YOGA STUDIO CLASSES

(HOT – heated to 90 – 95 degrees)

HOT Flow Yoga: A challenging vinyasa flow class resulting in greater strength, increased flexibility, range of motion and detoxification through breath and sweat. Expect inversions, arm balances, core work and inspiring music. Yoga experience is recommended.

HOT Yin Yoga: It is a practice in stillness, patience, and non-reactivity. Expect passive postures, mainly on the floor with longer holds, up to 3-5 minutes per pose. The heated room complements the Yin poses, loosening the muscles and promoting the release of the deep tissues. Yoga experience recommended.

HOT Pilates Sculpt: Use light weights, resistance bands and Pilates circles to further enhance and intensify the workout based on Joseph Pilates classical mat work. Expect to challenge your strength, control and balance. The heat loosens up muscles quickly, makes you sweat, elevates heart rate, boosts metabolism, and promotes detoxification Pilates mat experience recommended.

HOT Slow Flow Yoga: A slower paced, all levels, hot vinyasa flow class. Allow time to go deeper, reflect and enjoy the postures.

HOT 26 ReMix: Hot Flow meets Hot 26! A purposeful sequence of postures inspired by bikram and vinyasa flow formats. Enjoy soft lighting and inspiring music. All levels class.

HOT Zen Strong: A unique mix of yoga and strength in a heated room that is challenging yet rejuvenating. Develop healthy breathing, flexibility, and mental focus. Burn extra calories while protecting your muscles and joints.

Mild Flow Yoga & Meditation: A moderately-paced flow class emphasizing awareness, alignment, and breath. Complete the practice with guided meditation. Room temperature.



PILATES

EveryBODY Pilates: A Pilates inspired movement class using a folding chair as a prop. The folding chair variations are helpful for older adults who want to improve posture and stability and prevent aches and pains. No prerequisite to attend. Note – this class is not a substitute for Pilates Intro Series. To attend group equipment classes the intro series OR private lessons are required.

Pilates Mixed Equipment: Deepen your practice on different Pilates apparatus, including the reformer, chair, tower, spine corrector and more. Class is limited to 4. Pilates Reformer experience required.

Pilates Barre: An energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. All fitness levels welcome. FREE to HAC members. Space is limited. Please arrive early for your spot at the barre.

HOT Pilates Sculpt: Use light weights, resistance bands and Pilates magic circles to further enhance and intensify the workout based on Joseph Pilates classical mat series. Expect to challenge your strength, control and balance. Pilates mat experience recommended.

Fit Pilates: Move, stretch, kick, plank and twist. This class will give an all-over body workout while stabilizing your Powerhouse. Pilates exercises are practiced to enhance balance, improve posture and overall strength. Weights, bands, balls and barre are may be used. All fitness levels are welcome.

Pilates Mat: Classical Pilates mat sequence that incorporates the Pilates principles of concentration, control, centering, precision, breath and flowing movement. Participants will leave feeling stronger with more flexible muscles along with greater posture and increased energy.

Pilates Barre +: An advanced version of Pilates Barre. Extended balance and standing work. Use props like O-bands, weights, and gliders. Barre experience is recommended.

FIT4MOM™ AND HARBOR PRENATAL

FIT4BABY®: Designed specifically for moms-to-be. All exercises are carefully selected to prepare your body for the many changes you will experience during pregnancy. You can begin FIT4BABY at any point during pregnancy as the workouts are scientifically-based, purposeful and designed to accommodate your changing body. The 60-minute workout includes cardio, strength, balance, and flexibility training and ends with a relaxing meditation; everything you need during this precious time!

Body Back®: A 60-minute, results-based workout designed to help you reach your full physical potential and reconnect to your inner strength. Our high-intensity interval training (HIIT) cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and head back to your family. Improve your health, fitness, and physical strength while experiencing a personal transformation.

Prenatal AquaFit: Prenatal aqua fit is designed as a safe and fun way for pregnant women to get their cardio, strength and core work in, all while in the weightless comfort of a pool. Each session includes a variety of moves borrowed from traditional water fitness classes and swim team classes that will help participants get their heart rate up and strengthen all those muscles that a new mom will need. Swim skill is not required and we never put our faces in, however we will sometime be in water over your head. Class meets in the Sport Pool. Class is offered in sessions, drop-ins are available once minimum enrollment has been met.

Prenatal Yoga: Designed for moms-to-be and new moms (once ready to leave baby at home). Whether you are a new or experienced yoga student, you will be gracefully guided through meditation, breathing, and movement specialized for the prenatal and postpartum body and mind. Designed to both nurture and challenge you, this class is intended to empower yourself during pregnancy and the early stages of motherhood while providing a space to connect with other mommas. You'll benefit from much needed relaxation, while strengthening the muscles that support you during pregnancy, birth and the postpartum period.

Pilates Reformer 1: Basic and effective movements on the reformer. All levels. Pilates Intro series or private instruction required before attending.

Pilates Reformer 2: Intermediate/advanced level reformer class with quicker transitions. Pilates Intro series or private instruction required before attending.

Pilates Tower: Use the tower system which includes the roll down bar, push through bar, leg springs and arm springs. Benefit from the support and resistance of spring tension to better develop resilient, powerful muscles, strong, smooth, decompressed joints, and deep core strength. Limited to 4 participants. Additional Fee. Pilates experience required.

GROUP EXERCISE

BODYATTACK®: The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from the weekend athlete to the hard-core competitor!

BODYCOMBAT®: Explosively popular in clubs around the world, BODYCOMBAT® combines moves and stances from a range of self-defense disciplines like Karate, Boxing, Tai-Chi and Kickboxing. It's a fiercely energetic experience taught in a safe and simplistic manner.

BODYFLOW®: A combination of Yoga, Tai-chi and Pilates pre-choreographed to some awesome music that builds flexibility and strength and leaves you feeling centered and calm. It works on mind as well as body to leave you feeling centered, renewed and stress-free.

BODYJAM®: A dance-inspired workout that moves with the latest music. It's cardio fun at its best for those with a passion for movement and dance. Anyone who wants to have fun doing cardio should check this class out! All moves are broken down into simple steps...then you put them all together...options too!

BODYPUMP®: Definitely the fastest way in the universe to get in shape! Body Pump is an expertly choreographed, quality controlled barbell program. It is a revolutionary weight training workout that strengthens, tones and defines every muscle in your body.

Stroller Strides®: A functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining the little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized. No more mama guilt! This class is all about self care in a supportive and encouraging environment.

Strides 360™: promises a heart-pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life. Body weight conditioning is strategically placed to provide recovery, strength and round out your workout.

CYCLING

RevCycle: Your ultimate 45-minute full body cycle challenge. In RevCycle riders will experience heart pumping hills, high intensity drills and all out sprints with weights worked in to your workout.

StudioCycle: Hills, sprints, endurance & power intervals – this 60-minute cycle class has it all. Great for outdoor cyclists and indoor athletes alike.

EnduranceCycle: Take the ultimate endurance challenge in this 75 minute StudioCycle class. More hills, more intervals, more work.

SPRINT: A 30-minute High Intensity Interval Training workout on the bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical limits for rapid results.

PerformanceCycle: An outdoor cycling experience simulated in an indoor environment. The controlled setting permits smart training directed at improving athletic performance. Specific cycling drills, virtual hills, sprints and long distance flats guide the beginner to trained athlete to greater physiological development. Every workout has a purpose and each one is a small step toward accomplishing your greater training/fitness goals. Each workout is choreographed to music to help guide pace as well as create a fun distraction.

BODYSTEP®: A cardiovascular program that uses a height-adjustable step. Providing a high energy cardio workout to music, BODYSTEP® features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning systems into high gear.

CXWORX: The 30-minute personal-training inspired core class that has been formulated with a carefully structured, scientific approach and unforgiving intensity. CXWORX has been designed to tighten and tone the abs, glutes, back, obliques and “slings” connecting the upper and lower body. It will improve functional strength and assist in injury prevention. It will get you results where it counts most! Pre-choreographed to music you love from Les Mills! Bring a mat to the classes at the wellness studios.

LES MILLS GRIT™ ATHLETIC: A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

LES MILLS GRIT™ Cardio: A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast

LES MILLS BARRE™: A modern version of the classic balletic training: a 30-minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday. Bring a mat to the classes at the wellness studios.

LES MILLS SPRINT™: A 30-minute High-Intensity Interval Training (HIIT) workout in a low impact form using an indoor bike to achieve fast results.

GRIT™ STRENGTH: Using barbell, weight plate and body weight exercises, LES MILLS GRIT™ Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone. The anaerobic training puts your metabolism into overdrive to burn fat for hours after the workout.

Cycle30: A 30-minute intense interval StudioCycle challenge for all riding levels.

Cycle45: Our 45-minute version of StudioCycle. Cycle45 brings all the challenges of StudioCycle into a shorter format, great for new riders and tight schedules.

GROUP TRAINING

Group Training 1: Great for beginners who are new or returning to exercise. Instruction is at a slower pace, with many options/modifications given, longer rest breaks, no/low impact strength and cardiovascular exercises.

Group Training 2: If you have built your fitness base and are looking for a fun, motivating group work out, you will love GT2! Many options always demonstrated to accommodate a variety of abilities.

Group Training 3: The highest intensity and most complex exercise program in Group Training. You will be pushed and challenged!

Beginner Weight Training with Yvonne: For people unfamiliar with the weight room. She will focus on how to do a workout starting with stretching and learning the proper movement with machine and weights. Working on everything from core to balance.

Move Your Assets: Invest in YOU with mindful movements to improve strength, balance and flexibility. Explore and play with balls, bands, weights and more. Become healthy by becoming capable. The greatest gift in life is good health.

TRX & RIP

TRX: Get a fast, effective, total body workout with TRX Suspension training. Using leveraged bodyweight safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Spend the entire class on the TRX. All levels welcome.

TRX Foundations: Have you been interested in trying TRX, but a little apprehensive? This is a slow moving full body strength class for those new to TRX.

BODY BOOST: Invigorating free style low impact total body work out. Emphasis is on cardio, core, balance, strength, and stretch using balls, bands, and weights, for most fitness levels, with intensity options being offered. Energize- give yourself a Boost. Shoes required.

SCULPT: The ultimate in shaping, toning and defining the muscles using free weights, bands, resist-a-balls, medicine balls and more!

STRENGTH CIRCUIT: Designed with time efficiency in mind. Get a full body workout that changes every week. Balancing, muscle conditioning and toning, maybe even some cardio.

GLOBAL GROOVES: Not your typical dance class. Come see what it's all about. Many different styles of dance every week and just a lot of fun.

BOOTCAMP: This is a high-intensity class for both athletes and non-athletes looking to increase speed, coordination, balance, and strength. Drills will be functional so as to incorporate the body as a whole. Few pieces of equipment are used. Taught by certified personal trainers.

CORE FUSION: Work your abs & back through functional & balance training using the bosu. This class will focus on your entire core area to strengthen & stabilize your whole body.

FREESTYLE STEP: A 60 minute workout on the step with fun and exciting combinations and a “go for it!” attitude. All step classes are at an intermediate and advanced level unless otherwise specified.

WERQ: A wildly addictive cardio dance class based on the hottest pop and hip hop music. New music introduced every week so you get to WERQ the routines you know and challenge new ones.

ZUMBA: A fusion of Latin, international music and easy to follow dance movements. The class combines fast and slow Latin rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits while adding some fun to their workout!

TRX Functional Fitness: Focusing on full body strength. Multiple modalities used to include trx, medicine balls, bands and more!

TRX Bootcamp: Combo of TRX and cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace. Expect plyometrics and athletic-based moves.

TRX + Rip: A circuit class using the TRX Suspension Trainer and TRX Rip Trainer, along with other modalities. Build strength and cardiovascular endurance in this fun group environment.

Rip Foundations: Have you been interested in trying Rip, but a little apprehensive? Learn how to safely and effectively use the Rip with a certified trainer.

Rip 30: Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges. Participants should come into class having done a proper warmup and prepare for a focused 30 minute total body workout!

TAI CHI

Intermediate Tai Chi: This class is appropriate for students who have experience in both modified forms: TCHA and Tai Chi Fundamentals.

Qigong: A gentle and expansive form of movement that uses repetition, inviting you to focus your attention and explore the movement. Posture, full range of motion, long diagonal stretches, and balance are all aspects of this style.

Tai Chi Yang 24: This form is also known as the Yang family short form and the Beijing form. This form is widely taught and practiced throughout the world. It is an appropriate introduction to the study of Tai Chi.

Tai Chi for Health & Arthritis: TCHA is a short modified Sun form developed by Dr. Paul Lam. It is an appropriate introduction to the study of Tai Chi.