

## CLASS DESCRIPTIONS

### **BARRE FITNESS**

Tone your legs, strengthen your core and improve your balance through movement based on barre technique. Elements of Pilates, yoga and fitness will also be incorporated to give you a well-rounded workout. Get ready to feel long, lean and graceful!

### **BODY BLAST**

A total body muscular conditioning class designed to increase your strength and endurance. Using an assortment of props and weights, along with continuous, intense movements, you will redesign your body into one that is sleek and toned!

### **CYCLE**

Come and experience indoor cycling with these fun but challenging classes. Let our instructors motivate you through a variety of drills at varying intensities. Learn proper pedaling and riding techniques. These classes are open to all levels of fitness as you are in charge of tension levels and pacing. You're guaranteed to leave feeling exhilarated!

### **POUND**

Strike up a rhythm and a sweat with this full body workout.

### **TRX® & CYCLE**

Combine challenging cardio intervals with a muscle blasting suspension workout that will kick off your weekend right. Weekend Warriors for the win!

### **VINYASA FLOW**

An energetic class that synchronizes breathing with movement! With dynamic flowing sequences, you will focus on alignment while building strength, flexibility, balance and concentration. Everyone is welcome; participants are encouraged to work at their own level.

### **YIN YOGA**

Finish your week with slow, deliberate movements to re-centre, rejuvenate and restore your body.

### **YOGA FOUNDATIONS**

Everything built on a strong & stable foundation is beneficial. With a focus on the foundations of mind, body and breath work. You will learn the fundamentals of Yoga and deepen your alignment, posture and breath control. Yoga Foundations will explore basic breathing techniques, Sun Salutation sequences and relaxation techniques, while emphasizing form and postural alignment.

### **ZUMBA®**

It's hard not to break out in laughter and smiles in this fun Latin music dance class. Coordination is not required to have a fun time in this class, just a willingness to move and enjoy the moment.