

## CLASS DESCRIPTIONS

### BALLET BARRE WORKS

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!

### GUNS & TUMS

Focus on developing the upper body and core in this strength training class.

### PILATES

Engage your core, improve your posture and tone your muscles with this full-body mat workout. All levels welcome.

### POUND

Strike up a rhythm and a sweat with this full body workout. This class uses Ripstix® to elevate your cardio and the movements get you moving in all directions. Truly a unique workout!

### TRX® BOOTCAMP

Suspension Training at its best! Combine body weight with cardio, core and resistance training for a sweaty workout before your weekend.

### 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 posture alignment.