

## TIMELESS FITNESS CLASS DESCRIPTIONS

**Pure Strength & Burn:** Pure Strength & Burn is a 60 minute challenging and dynamic complete muscle conditioning workout using dumbbells, bands, tubes, slam balls, body bars, body weight and additional resistant tools. Conditioning exercises are added throughout to give you a total body workout and post exercise caloric burn 24-48 hrs after! Be prepared to work all your muscles and all exercises can be modified and altered for specific exercise level.

**Express Cycle-MYZONE:** Express Cycle is a 30 minute class that is great for those short on time, recovering from injury, warming up their body prior to the next CrossFit or Group Fitness class, wanting a quick hit of conditioning, or just starting out. There's something for every body and a few special extra wide cushioned seats for those needing that style of seat. MyZone is there to track your heart rate zones if you'd like but no worries you will increase your fitness level either way!

**Cycle Challenge- MYZONE:** Come Crank It Up with 60 minutes of flats, hills, jumps, intervals, and all the unexpected terrain cycling brings! You can choose your own personal degrees of speed and degree hills based on your level and always the option of tracking your heart rate using MyZone! Something for everyone and every fitness level! Packed with energy, motivation, and amazing music!

**Cycle Core- MYZONE:** Cycle Core is a conditioning workout combined with foundational core work! It's a 45 minute class that gets your heart pumping with incredible playlists, always a new ride, and finishing with 15 minutes of focused core work! Something for everyone and every level of fitness!

**Cycle Strength-MYZONE:** Cycle Strength is designed to take your cardio to the next level with 30 min of Interval Cycle followed by 30 minutes off the Bike and on the floor to hit pure strength. It's a highly effective way to maximize your Cross Training!

**CrossSTEP:** It's Back! CrossStep is cardio training that makes you want to move! It's a great way to improve your fitness, get amazing cardio & crosstraining that has movements for every level of fitness and any age! Come have a blast with friends and get fit on and off the step!

**Kettlebell Craze:** Kettlebell Craze is a high-energy class consisting of whole-body movement exercises that deliver cardio, strength, core, and flexibility benefits! This type of functional training benefits everyone and every level of fitness! Kettlebell movements are multi-joint and multi-muscle exercises that build strength, improve coordination, and make our bodies fat burning machines! No experience needed!

**Cycle- MYZONE:** Do you want to train like an athlete, ride like a racer, and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more!

**BikerBarre:** A cycle express class combined with challenging small muscle strength training to obtain a longer, leaner & stronger you!

**CrossBarre:** This is not your typical barre class! A total body workout focused on postures, form & alignment and endurance. Modifications & equipment are encouraged for all level participation!

**Powerful Yoga:** A complete work-out for mind and body that will stretch and strengthen your muscles, as well as calm and focus your mind. Leave feeling invigorated, centered, renewed.

**PIYO LIVE:** This is a total body weight strength class designed to speed up results! PIYO combines Stretch, Strength Training, Conditioning and Dynamic Movement with a hint of yoga & Pilates. All levels are welcome!

**P90X LIVE™:** Total body strength class that includes cardio, lower body, upper body and core. P90X is fun, challenging and for all levels of fitness with modification provided.

**Cardio HIIT!** Bring your A Game to this class, sure to HIIT your maximum threshold and have a blast doing it!

**Total Body Bootcamp:** Need that little extra push to workout? Our Bootcamp classes are designed to keep you moving and in a fun and challenging way. We'll give you that little push outside your comfort zone! We offer you encouragement and build in ever changing multi-functional movements into every class!

**TRX CrossTraining:** TRX uses the TRX Suspension training system to increase your total-body flexibility, mobility and stability in a core focused environment. Using the TRX System it is the perfect blend of muscle conditioning exercises and cardio cross training on the floor! The program uses gravity against the individual's own body weight.

**Abs, Bands & Cardio:** This class uses bands and resistance training to focus on all muscle areas & a special focus on the core!

**Pound Strength:** 45 Minutes! Pound Strength fuses cardio interval training with drumming to produce a challenging, heart pumping workout! It's a full-body jam session!

**Women's FIT Boxing:** WFB is for any woman who wants to achieve a healthier and fit body. WFB is an all-inclusive class that teaches the foundations of boxing with basic punch combinations and every week is a new challenge! It will motivate you like no other unleashing your inner strength, melting body fat, releasing stress, and a room packed with motivation! We use mitts, conditioning exercises on and off the bags. No experience necessary, try a class and you'll be HOOKED!

**Cardio Dance:** This class combines house, hip-hop, and the latest dance moves into a fun and energizing calorie burning workout! No experience necessary!

**Cardio Booty Blast:** Get ready to BLAST calories and burn out your booty with a combo of HIIT cardio and lower body/booty work. 30 minutes of High Intensity cardio along and 30 minutes of tightening, toning and strengthening the lower body using bands, gliders and weights.

**Pure Strength & Conditioning:** This is a methodically designed class to work all muscle groups with a focus on gaining pure -lean muscle, while combining Cardio HIIT Training to put your metabolic rate into overdrive. It's functional fitness at it's best!