



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Class Descriptions

Adult Aikido – Build your poise, confidence, self-expression and leadership through the traditional Japanese martial art of Aikido. Ages 13 & Up.

Ashtanga Flow – Join us as we move through themes from the Ashtanga Primary Series with a bit of the Western Modern Vinyasa influence. Moving through the traditional series of sun salutations, standing postures, seated postures, closing practices, and focused breathwork, this class will give you a vigorous and centered start to your day.

Ball Pilates – An intermediate-level Pilates class utilizing small and large balls on the mat. This class will expand basic techniques such as stabilization, flexibility, and mobility. We bounce, lift, and stretch to a more balanced self.

Barre – A full-body conditioning class sure to awaken your inner strength. This low-impact trifecta helps you reach deep muscular heat through lower, upper and core body exercises that focus on posture, stability and strength.

Barre Fusion – A full-body conditioning class sure to awaken your inner strength. This low-impact trifecta helps you reach deep muscular heat through lower, upper and core body exercises that focus on posture, stability and strength.

Beginner Salsa & Bachata – Join us as we break down the basics for both of these Latin body movements. No partner is necessary. We will work from the base to partner and connection movement.

Bilingual Restorative Yoga – Join us to stretch, breathe, and set the tone for a peace-filled weekend. We will use lots of props to help support us in moving through gentle yoga postures set to the rhythm of our breath. This is an all-level practice.

This class is designed to accommodate Spanish and English speakers.



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Esta clase está diseñada para acomodar a las personas que hablan español o inglés.

Body Pump – The barbell workout. Using Les Mills Smart Bars™ we will achieve a full body strength workout, broken down song by song to focus on each part.

Boot Camp – Try out this full-body workout with intervals of strength and high-impact cardio. You're in control of how hard you work. It's dynamic, it's fun! Gather motivation and drive from others in the room.

Boot Camp for Runners – Join us for a 45-minute class designed to support the longevity of your running. This class focuses on core stability, mobility, and active stretching to enhance your performance and prevent injuries. Come strengthen your body, improve flexibility.

Candlelight Restore Yoga – Join us to release the stress of the day and enjoy the view by candlelight. This class will focus on restorative yoga with a theme of relaxation.

Cardio Dance – This class is a fusion of cardio, dance, booty-shaking and strength all rolled into 60 minutes of fun! All levels of fitness are welcome.

Chair Fitness* – With seated and standing options, everyone chooses what's best for them! Expect to improve your cardio, strength, balance and flexibility, and have a lot of fun too!

Chair Yoga* – We will explore yoga practices while finding a breath and movement connection with the support of a chair. The support may make some standing postures more accessible. The chair may also help people who can easily achieve those postures tune into the subtle alignment throughout the body. While seated participants will explore forward folds, twists, hip openers, and mild backbends all with the added benefit of breathwork. Chair Yoga is open to all levels.



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Core Pilates – Start on the inside and work out; that’s the idea when strengthening your core. This class incorporates Pilates and yoga principles to build your strength, posture, range of motion and flexibility.

Core Pilates 2 – This mat-based Pilates class will take the strength of your powerhouse muscles to the next level. If you are ready to amp up your core training, this is the class for you.

Core Yoga – Help free yourself from common injuries and cultivate core awareness, strength and balance beyond the mat in this core-focused yoga class.

Cycle Power – You set your goals; we will set the stage. Using feedback and metrics from your bike with motivation from the instructor, take complete control of your cycle workout.

Cycle Rhythm – Let's get into the groove as we ride through a rhythm-fed workout. Song by song we will work together, sweat together, and maybe even sing together!

Cycle & Sculpt – Join us for 45 minutes of cardio, speed and strength! We will move through heavy resistance using weights on the bike. This fun and quick-paced class with incorporate a well-deserved active recovery segment and lots of stretching at the end.

Flex & Flow – Get the best of both worlds in this combo class of 30 minutes for moderate/high-intensity circuit training and 30 minutes of flow yoga. Each month the circuit and flow series will be designed to complement each offering full-body work and a rotating focus.

Flow Yoga – A dynamic practice using the vinyasa transition and moving more quickly from posture to posture. We open the mind/ body/ breath connection through fluid movements and focused breathwork

Flow Yoga Level 2 – Are you ready to take your flow experience up a level? Here is a class that both challenges you and keeps you present by emphasizing the



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dynamic flow of energy through a diversity of postures and the use of adaptive props. Learn to build off a base of core stability and proper alignment to progress to your next level.

Fusion Fit – Enjoy full-body cardio dance and strengthening with Pilates/yoga/weights. A multi-level class that is accessible and effective for all.

Gentle Yoga – If you can't imagine standing on your head or wrapping your leg around your neck, but would love to stretch, breathe deeply and work on balance, you've found the yoga class for you.

Gentle Interval Fitness – A perfect mix of gentle cardio, mobility, and stretching designed for recovery and injury prevention. Ideal for all fitness levels, this class helps you recharge and prepare you for your next workout. Protect yourself from overworking on rest days or start here if you are just beginning a new fitness journey.

Gentle Yoga & Meditation – Enhance your well-being with gentle yoga. Cultivate deep relaxation and peace of mind with movement, breath and guided meditation.

Hatha Yoga – Create the space to go within and develop strength, stability, and ease to move through your day. Your instructor can honor your starting place. Check in with them about any concerns before class.

HIIT Bootcamp – High-intensity interval training (HIIT) is a challenging class designed to take your workout to another level. We will work with cardio, bodyweight and kickboxing techniques in fast intervals of intense work followed by slower recovery periods to get the job done!

Kids Aikido – Learn coordination of mind and body; discipline, confidence and respect for others. You may start at any time of the year, we just ask that you observe one class before beginning. Parents and guardians are welcome to observe all classes. Ages 6-12 years.



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Low Impact Aerobics* – Join a group that loves to move, dance, laugh, and chat together. Both your brain and body will get a nice workout. Expect to sweat and use resistance equipment.

Mix- It – Mix it up and keep your body guessing while sweating away the day's stress! Join us for a challenging, full body workout incorporating various types of intervals, resistance, endurance, strength and fun!

Modern Dance – Discover the joy of movement! Explore a creative path to fitness. Build expressive range, strength, coordination and flexibility. Influenced by the Laban/Bartenieff movement method, this approach is holistic, regenerative and fun. No dance experience required.

NIA® – Nia is a unique 60-minute barefoot cardio-dance workout that leaves you physically energized and emotionally balanced. With 52 simple moves fusing dance, martial arts, and healing arts, you'll tone your body while transforming your mind.

Pre/Post Natal Yoga – This class is a gentle prenatal/postnatal combination class primarily focusing on a healthy pelvic floor, breathing, and meditation. We will address areas that need extra love and attention due to the physical demands of pregnancy and parenting. This class is designed to improve strength, relieve stress, and build community.

PiYo – This is a high-intensity, low-impact workout for a new kind of STRONG. Take the very best Pilates and Yoga-inspired moves and crank up the speed to give you full-throttle cardio, strength, and flexibility training. Bring a yoga mat.

QIGONG – Join us as we practice breathing deeply, moving the body to create space for Qi (life force) to flow, awakening the heart, improve our health and creating harmony within our bodies.

Reclaim Fitness* – Time for you to RECLAIM your strength, balance, range of motion and stamina. Whether you want more support starting out or are returning from a medical curveball, this class is for you.



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Restorative Yoga – Join us to stretch, breathe, and set the tone for a peace filled weekend. We will use lots of props to help support us moving through gentle yoga postures set to the rhythm of our breath. This is an all-levels practice.

Rhythm & Strength - Come stretch, move, dance and balance your way to feeling amazing. We'll pair light dumbbells with dynamic dance moves, building strength and having fun together. Come ready to sweat, smile, and shine!

Rise & Align Yoga – Join us bright and early for this gentle flow class that is designed to build energy as you prepare to move into the rest of your day.

RPM™ – Your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

Strength & Stretch* – Strength and stamina is important at every stage of life. Join this class with those who choose to keep active and stay strong. The offering of modifications allows everyone to feel successful and supported.

Strength, Stretch & Cycle*– Come in for this blend of strength training, flexibility, and cardio work on the bike. This combo is a great way to engage your whole body, keep active and continue to work on building stamina. This class is designed for the 50+ population but everyone is welcome to join.

Strong & Balanced* – Don't have the strength you want? Not as sure-footed or agile as you'd like? Join us as we use resistance training, stability balls and floor exercises to keep our bodies strong, balanced and ready for active living!

Taiji – "The Art of Conscious Movement" can benefit all ages and abilities; practice 108 Yang style Long form, some Qigong and Taiji introduction, as well as partner push-hands practice.

Turbo Kick – Move and groove your way into a healthy you. Come prepared to kick, punch, sweat and shake it to high-energy, Top-40-inspired music. It's a blast – you'll be hooked.



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U Jam – U Jam takes you around the world from Bollywood to Hip Hop with a fun cardio dance workout designed to burn calories, tone your body and leave you ready for more! All levels welcome!

WARRIOR Combat™ – Boxing-inspired, powerful, and fierce, WARRIOR Combat includes high intensity intervals, stress-melting strength training, and music-driven shadowboxing combinations. This empowering conditioning class makes you feel confident, strong, and resilient.

WARRIOR Revolution™ – Experience the ultimate expression of music and cycling! WARRIOR Revolution is science-based, sassy and sensational! Featuring diverse playlists, intelligent programming, and dance undertones WARRIOR Revolution is perfect for newbies and seasoned riders looking for an edgier experience. Your ride awaits!

WARRIOR Rhythm™ – Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

WARRIOR Strength™ – Come release your inner warrior in this modifiable strength and cardio class – HIIT, strength and sculpting with weights, and tons of fun. WARRIOR Strength™ is for everyone and every level whether they want to sweat, feel their muscles burn, or both!

WARRIOR Strength Build 30™ – In just 30 minutes, this strength-based class will tighten, tone, lengthen, and sculpt all your muscles! WARRIOR Strength™ weightlifting stations follow unique formulas that are smart, fun, and effective.

Y Sculpt – Come feel the burn by building muscle strength and endurance. We'll target one muscle group, one song at a time! Low weights with high repetition are sure to sculpt your body and leave you feeling great!



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Yin Yoga – Unwind and create a balance inside and out in this restorative practice of long-held passive floor poses. The focus is on the release of the hips, pelvis, inner thighs and lower spine.

Yoga Nidra – Also known as yogic sleep, Yoga Nidra is a practice of deep relaxation that fosters the mind-body connection. Join us to release tension and stress throughout the body and mind.

Specialty Series Class Descriptions

These classes have limited capacity and a fee. They run for 4 weeks and registration is available through the program section of the app or website.

Aerial Yoga Play Level 1– Using Aerial Yoga Swings this class will build heat, allow your body to find moments of flight, and encourage you to find a mind-body connection while exploring strength within the stretch from the additional support of the swings. Come fly with this class if you are ready to go upside down and bring your feet off the floor.

Aerial Yoga Play Level 2– Aerial Yoga Play enhances traditional yoga by incorporating specialized swings that enhance flexibility, strength, and balance in a unique suspended environment. This class incorporates many inversions and mostly utilizes suspended postures. This approach allows members to sculpt their bodies through dynamic movements that tone muscles and increase flexibility. Beyond physical benefits, Aerial Yoga Play promotes mindfulness and concentration, offering a refreshing and exhilarating way to engage with yoga while exploring creativity and achieving mental clarity.

Aerial Yoga Play Teens– Aerial Yoga Play enhances traditional yoga by incorporating specialized swings that enhance flexibility, strength, and balance in a unique suspended environment. This approach allows members to sculpt their bodies through dynamic movements that tone muscles and increase flexibility. Beyond physical benefits, Aerial Yoga Play promotes mindfulness and concentration, offering a refreshing and exhilarating way to engage with yoga while exploring creativity and achieving mental clarity.



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Small Group Boxing Fundamentals – A family-friendly, non-contact introduction to the sport of boxing! This class is designed to build essential boxing skills in a safe and supportive environment. We focus on proper stance, footwork, head movement, punching techniques, defensive strategies, and practical applications through live drills. Our aim is to foster friendship and teamwork through the art of fighting, all while avoiding hard sparring.

Pedaling for Parkinson's – Pedaling for Parkinson's is an indoor cycling program aimed at improving symptoms of Parkinson's disease (PD). Each session includes a 10-minute warm-up, a 40-minute main exercise set, and a 10-minute cool-down. Research from the Cleveland Clinic shows a 35% reduction in PD symptoms from this program.

TRX – Come join a small group focused on balanced strengthening from the core out. This small group experience will be able to modify for individual needs and provide all the motivation you need to get to your fitness goals.