

	Cardio	Core	Tone	Strength	Flexibility	Balance	Relax
<b>Barre</b> - This class is a total body workout that uses a ballet barre to perform small isometric movements to focus toning your butt, legs and core.		✓	✓	✓	✓	✓	
<b>BollyX</b> – A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.	✓				✓		
<b>Bootcamp/HIIT</b> - Take your game to the next level! This <b>advanced</b> , multi-functional class incorporates cardiovascular conditioning with calisthenics, and muscular strength conditioning. <b>HIIT</b> is more intense and always outside - RAIN OR SHINE!	✓	✓	✓	✓	✓	✓	
<b>Core and More</b> - This class focuses on core work and stretching to strengthen and increase flexibility.		✓	✓	✓	✓	✓	
<b>Hatha Yoga</b> - Use the physical postures of yoga to develop strength, flexibility and balance (Please bring your own mat). <b>Gentle yoga</b> is a beginner version of Hatha.		✓	✓	✓	✓	✓	✓
<b>Have a Ball</b> - Advanced class using a stability ball to develop your core and learn a variety of stability training exercises.		✓	✓	✓		✓	
<b>Insanity</b> - An extreme workout with intense intervals of cardio and body weight training (tailored for any level).	✓	✓	✓	✓			
<b>INTERVALS</b> - This class consists of time intervals varying in cardio, body weight and strength exercises.	✓	✓	✓	✓			
<b>Keeping Fit</b> - This low-impact class is designed for 55+	✓	✓	✓	✓	✓	✓	
<b>Muscle Conditioning</b> - Learn the proper form for different weight lifting and toning techniques <b>More muscle</b> =advanced.		✓	✓	✓	✓	✓	
<b>Octagon Basics</b> - Introductory fitness class on our multi-purpose fitness rig in the fitness center.		✓	✓	✓			
<b>Pilates</b> - Work your muscles deep to your core to strengthen your entire body. This class is based on the trainings of the Pilates Method Alliance. <b>PIYO</b> designed to build strength and increase flexibility. Pilates + Yoga		✓	✓	✓	✓	✓	✓
<b>Power Yoga</b> - Challenge yourself and build muscular strength and improve circulation through a series of postural moves. (Please bring your own mat).		✓	✓	✓	✓	✓	✓
<b>Step &amp; Sculpt</b> - Increase fitness while creatively using a bench platform mixed with weight intervals.		✓	✓	✓		✓	
<b>Swimnastics</b> - Aerobics in the pool!	✓	✓	✓	✓		✓	
<b>TABATA</b> - Perform four minute intervals of intense training exercises (one exercise for 20 seconds with a 10 second rest repeated 8 times).	✓	✓	✓	✓		✓	
<b>Tae Kwon Do</b> - Learn this traditional martial art that fosters mental balance, physical strength and flexibility.	✓	✓	✓	✓	✓	✓	
<b>Total Body Tone</b> – This class uses dumbbells and body weight exercises to strengthen, tighten and tone your entire body.	✓	✓	✓	✓			
<b>TRX</b> - leverages gravity and your bodyweight to perform exercises. You're in control of how much you want to challenge yourself on each exercise.	✓	✓	✓	✓	✓	✓	
<b>Vinyasa Yoga</b> – A flow yoga where the poses run together and become like a dance. (Please bring your own mat).		✓	✓		✓	✓	✓
<b>Yogalates</b> - Combination of yoga and Pilates.	✓		✓				✓
<b>Yoga Sculpt</b> -Total body workout set to music designed to tone every muscle group. (BYOM)	✓	✓	✓	✓	✓		
<b>Y Cycle</b> - indoor cycling workout. <b>Rhythm Ride</b> This class incorporates some upper body work all while riding to the beat of the music.	✓	✓	RR	✓			
<b>ZUMBA</b> - Dance through your workout in this high-energy class based on popular Latino dance moves.	✓	✓	✓	✓			