Mind/Body Class Descriptions - All mind/body classes require a pass except the beginner classes, which are free.

- **All Levels Yoga**: A step up from Beginner Yoga, you move fluidly and slowly and you feel each and every pose. It is designed for all fitness levels.
- **Beginner**: This class builds a foundation of good alignment and understanding of yoga poses. Appropriate for beginners or anyone who wishes to spend more time on each pose.
- **Hatha**: This is a beginner class for practitioners that want to learn basic alignment. Hold poses for a few breathes and take the time to feel your bodies in these asanas. You will have a better understanding of weight distribution and how to find your feet in balance. You will learn how to safely position your body to prepare you for an intermediate class when you are ready.
- **Level 1 Hatha 45**: Same as Hatha, but is a 45 minute class
- **Power Vinyasa**: A fun, vinyasa flow style yoga class designed to get your body heat & heart rate up. You’ll release stress, get a work out, and play with some inversions. Make sure you bring water! This class is appropriate for participants who have some familiarity with yoga (just a few yoga flow classes will prepare you for this faster paced class).
- **Vinyasa**: This class is alignment based and utilizes a holistic yoga method. Your muscles will warm from the inside out, allowing you to become stronger, more flexible, and attain better posture. Join us to reduce your stress and anxiety, and gain clarity and happiness in the process.
- **Vinyasa 45 and Vinyasa 60**: Same benefits of Vinyasa, only the classes are 45 or 60 minutes long.
- **Vinyasa Core**: Traditional Vinyasa classes with the added element of a core section.
- **Flow**: Class will begin to understand vinyasa flow yoga classes - a style of yoga that combines one breath with each movement. It’s a good stepping stone between your first experiences with yoga and more advanced classes. Release stress and attain an understanding of the basis of vinyasa yoga. Appropriate for all levels.
- **Yoga Sculpt**: This class combines light weights with traditional yoga stretches and poses to increase strength, improve flexibility, build endurance and sculpt the body. This class torches calories!
- **Yin Yoga**: Yin is a quiet practice suitable for participants of all experience levels. The poses are held longer to get to the connective tissue and deep in to the joints for an amazing yoga experience.

Indoor Cycle Class Descriptions - All indoor cycle classes require a pass.

- **All Terrain Cycle**: Get ready to push! This ride incorporates steep climbs, rolling hills, sprints and flat land challenges designed to push you to perform. Find the peak of your fitness as you push your way through this intense ride.
- **Cycle 45 & Core**: It’s time to tear it up! Rip up a route cycling and then rip up your ABS for the last 15 minutes of class! You will cycle for 45 minutes and end class with an intense core segment!
- **Cycle 45 or 60**: This is a straight cycling class. Cycling will challenge you to your core, so jump in and push as hard as you can. The number denotes the class length.
- **Cycle Surprise**: The instructor chooses the workout for the day! It will be fun, inspiring, and sweat inducing!!!

Group Fitness Class Descriptions - All classes are free

- **ABSolution**: Do you need a solution for your ABS? This is your ABSolution! You will build strength in your back and in your ABS, and you will start getting that flat tummy that you desire!
- **Barbell Sculpt**: Utilizing plate loaded barbells, you will get sculpted from head to toe!
- **Battle Ropes**: Get ready for battle with this hard-core, sweat-fest utilizing the toughest fitness equipment around. This Battle Ropes class combines strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves!
- **Boot Camp**: Don’t be intimidated by the name, this is a great class for those who want to take a break from traditional aerobics. This boot camp workout is a non-choreographed workout that will get your heart pumpin and your muscles flexin.
- **BOSU**: You will use the BOSU to give your body a supersized workout….the beauty of BOSU is that you fire up all of your connective tissue and deep in to the joints for an amazing yoga experience.
- **Chiseled**: This class uses a variety of equipment to keep your muscles shocked….and you have got to shock it to rock it. This class will find every muscle you have and chisel it like its carved from stone!
- **Chiseled/Battle Ropes**: This class incorporates the very challenging and very fun battle rope.
- **Dance HIITS**: Move like a dancer as you sweat and boogie your way thru this class. HIITS stands for High Intensity Interval Training, so your heart rate goes up and then it comes down as you concentrate on muscle strength.
- **HIIT**: High Intensity Interval Training: You get what you give! This class yields maximum results, you work as hard as you want to get the results you want.
- **Kick Boxing 45**: If you like punching air and sweating to a fun choreographed class, then this has your name written all over it. It’s a 45 minute class that gets you in and out the door with a great workout.
- **Lower Body Sculpt**: Total focus on the lower body using bands, dumbbells, balls, and body bars.
- **Tabata**: GET READY FOR INTENSITY! Turn your body into a super-engine with this ultra effective, time-efficient workout. Intense, athletic, simple moves will push you to your max, with the opportunity to log your progress throughout the semester.
- **TNT Kick Boxing**: This class is an explosion from beginning to end! Jab, hook, cut, and kick your body into shape. It’s da bomb!
- **Zumba**: It’s a party in every class! The Latin music energizes you as you salsa, samba, and shimmy yourself fit!
- **Zumba 45**: Same as above, but it’s 45 minutes instead of an hour—but it’s still a party!
- **Zumba Toning**: Same exciting format as the traditional Zumba class, except with the added challenge of light weights. Tone it up while you dance it out!
- **Water Aerobics**: Get a great workout without the impact! Using the water for resistance makes your muscles get to work! You will also get a great cardio workout without damaging your joints!