

# Group Exercise Classes

**Zumba** - Take the “work” out of workout by mixing low-intensity and high intensity moves for an interval style, calorie burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Yoga** - This class provides a combination of healthy alignment and the freedom to play within familiar and new poses. From beginners to seasoned practitioners, this class hopes to broaden the range of capabilities of each person through the instruction of alignment and breath.

**Mixed Fit** - We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you’re plateauing in your traditional dance fitness class, this might be the answer to your prayers.

**Turbo Kick** - Each Turbo Kick class is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You’ll leave every class dripping sweat—and ready to conquer anything!

**BODYPUMP™** - BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques. You’ll leave the class feeling challenged and motivated, ready to come back for more.

**Spin Class** - A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!