



## GROUP EXERCISE CLASS DESCRIPTIONS

CLASS	LENGTH	LEVEL	DESCRIPTION
<b>CARDIO FORMATS</b>			
<b>Power Cycle</b>	60 Min.	All	Climb, sprint, steady-state, lifts! This 60 minute cycle class is sure to make you sweat & burn calories.
<b>Zumba®</b>	45 Min.	All	A fusion of Latin and International music, dance and rhythms, creating a dynamic, exciting and effective fitness class. Ditch the workout, join the party!
<b>COMBO &amp; INTERVAL FORMATS</b>			
<b>Boot Camp</b>	60 Min.	All	If you like variety and an athletic based class, this one's for you! Alternating bouts of cardio (instructors choice: cycle, step, jump rope, sports drills, etc.) with intervals of strength. You do NOT have to be an athlete for this class. Lots of change will make this class fly by.
<b>Rock Bottom Cycle (RBC)</b>	45 Min.	All	Power cycling with intense intervals targeting the lower half.
<b>Cardio Strength Camp (CSC)</b>	60 Min.	All	An interval class that will keep you hopping between cycling and strength training.
<b>STRENGTH &amp; BODY SPECIFIC FORMATS</b>			
<b>Total Body Conditioning (TBC)</b>	60 Min.	All	Experience the benefits of resistance training in a group fitness format. Fire up all major muscles in this strength training class using dumbbells, body bars and medicine balls.
<b>Core</b>	30 Min.	All	No one likes doing abs alone. This hard core class will strengthen your abs and lower back for results you will love.
<b>MIND BODY FORMATS</b>			
<b>PI/YO</b>	45-60 Min.	All	A combination of Pilates and Yoga to give you the best of both worlds. Improving balance, flexibility, core strength, body alignment and over all well-being.
<b>Pilates</b>	45-60 Min.	All	A mat work class with a series of exercises based on the work of Joseph H. Pilates. Improves core strength, endurance, balance and helps enhance sports skills.