<table>
<thead>
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<th>Class Name</th>
<th>Description</th>
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<tr>
<td>African Dance</td>
<td>A high energy cardio class using traditional to contemporary dance from West Africa</td>
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| Barre Flow (Limited to 30 spots) | Full body workout that fuses the best elements of ballet  
  • Strengthens, lengthens, and stretches the body from top to bottom                                                                                                                                                                                                                               |
| Boot Camp/TRX® (Limited to 30 spots) | Improve strength, agility, cardio, and balance  
  • Use circuit conditioning with variety of equipment                                                                                                                                                                                                                                                                                                |
| Butts and Guts                | Designed to strengthen the glutes, one of the largest muscle groups in the body  
  • Build the core muscles, resulting in greater stability and athletic performance                                                                                                                                                                                                                                                                     |
| Candlelight Yoga (Limited to 50 spots) | Increase strength, flexibility, balance that flows like a dance  
  • Focus on proper alignment and gradual progression, safe for all levels  
  • Uses candles around the room for a more relaxed ambience                                                                                                                                                                                                                                                                                 |
| Cycling (Limited to 15 spots) | Improve cardiovascular endurance using stationary bikes  
  • Designed for all fitness levels                                                                                                                                                                                                                                                                                                                |
| Dance! (Limited to 50 spots)  | A dynamic and high energy dance cardio fitness class                                                                                                                                                                                                                                                                                                 |
| Deep Water HIIT               | Short bursts of high intensity cardio and strength intervals with recovery in the water                                                                                                                                                                                                                                                                      |
| Gentle Yoga                  | An introductory class great for beginners, or those with joint pain or mobility issues  
  • Improves core strength, posture, balance, joint mobility, stamina, etc.                                                                                                                                                                                                                                                                         |
| Get Pumped (Limited to 30 spots) | Focuses on a total body workout for all the major muscle groups  
  • Use steps, body bars, and dumbbells                                                                                                                                                                                                                                                                                                             |
| Glow Yo (Limited to 50 spots) | A faster paced flow yoga class to develop strength, flexibility, balance, and endurance  
  • Will incorporate lights and high energy music to the movement  
  • Previous yoga experience recommended                                                                                                                                                                                                                                                                                                             |
| hardCORE (Limited to 40 spots) | Improve core (abs and back) strength  
  • Uses a variety of equipment                                                                                                                                                                                                                                                                                                                         |
| Integrative Yoga             | Yoga incorporated with additional exercise forms to enhance flexibility, neuromuscular functioning, and connective tissue health.  
  • Enhance overall organization in movement by focusing on the mind-body connection.                                                                                                                                                                                                                                                               |
| Kickboxing Bags (Limited to 25 spots) | Develop strength, flexibility, and stamina utilizing a heavy bag  
  • Hand protection is required                                                                                                                                                                                                                                                                                                                        |
| Low/Mid Impact Aerobics      | A total body workout using various equipment in the water for all fitness levels                                                                                                                                                                                                                                                                     |
| MASH UP®                     | A variable-intensity interval training program for all fitness levels  
  • Focuses on cardio, agility, strength and flexibility using HIIT and mind body training                                                                                                                                                                                                                                                              |
| Pilates/PILuminATES          | Focus on breath and movement  
  • Improves core strength, posture, balance, joint mobility, and stamina                                                                                                                                                                                                                                                                             |
| PiYo®                        | Continuous movements combining Pilates, Yoga, and dance stretch  
  • Develops strength, endurance, and flexibility                                                                                                                                                                                                                                                                                                       |
| R.I.P.P.E.D®                  | Develops strength using Resistance, Interval, Power, Plyometrics, Endurance, a total body workout                                                                                                                                                                                                                                                       |
| Strength                     | Burn fat, build muscle and strength  
  • Use TRX®, dumbbells, resistance bands, bars, balls, and kettlebells                                                                                                                                                                                                                                                                               |
| Tabata Boot Camp (limited to 30 spots) | HIIT using the 20-10 Microburst Training Protocol  
  • A total body workout using traditional to contemporary dance from West Africa                                                                                                                                                                                                                                                                     |
| TRX®/HIIT                    | High Intensity Interval Training and TRX® Suspension Training for a total body workout  
  • Uses a wide variety of equipment including gravity against your own body weight for cardio, strength, fat loss, and endurance improvement                                                                                                                                                                                                 |
| Tai Chi                      | Exercise and relaxation practice for health and longevity  
  • Safe for all fitness levels                                                                                                                                                                                                                                                                                                                         |
| Yoga (Sunrise Yoga = soft lighting) (Limited to 50 spots) | Classical Yoga poses to develop physical health, strength, flexibility, balance, and state of mind  
  • Can accommodate beginners through advanced as the instructor shows various levels for each exercise                                                                                                                                                                                                                                          |
| Zumba®                       | A fusion of dance, hip hop, and hypnotic International rhythms                                                                                                                                                                                                                                                                                       |

**Class Key**

- Class uses lighting choreographed to the music to enhance the experience. May not be suited for individuals with light sensitivity or seizure disorder.
- Class uses the Heart Zones System to track heart rate intensity to provide instant feedback and monitor progress over time. Can be used with any ANT+ or Bluetooth sensor such as Polar, Timex or Garmin. A limited number of devices are available for checkout at the equipment desk.
- Xpress An abbreviated version of the class of which it is named. Please warm-up prior to attending any Xpress class.