**FIT Schedule Class Descriptions**

Aqua FIT
- A total body workout using various equipment at a moderate intensity in the water

Aqua HIIT
- Short bursts of high intensity cardio and strength intervals with recovery in the water

Barre Flow (Limited to 30 spots)
- Full body workout, fusing the best elements of ballet with cardio, strength, and core work
- Strengthens, lengthens, and stretches the body from top to bottom

Bells and Balls (Limited to 30 spots)
- Utilizing Kettlebells, medicine balls and stability balls for total body strength
- Learn correct form and technique using the various types of equipment

Boot Camp (Limited to 30 spots)
- Improve strength, agility, cardio, and balance
- Circuit format using a variety of equipment

Butts and Guts (Limited to 35 spots)
- 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

Cardio/Strength HIIT (Limited to 30 spots)
- Total body workout using various types of HIIT interval times with cardio and strength exercises
- Circuit format using a variety of equipment and body weight movements

Cycling (Limited to 20 spots)
- Improve cardiovascular endurance using stationary bikes
- Designed for all fitness levels
- A dynamic and high energy dance cardio fitness class

Shallow/Deep Water Aerobics
- A total body workout using gyros, dumbbells, noodles, and more in deep or shallow water for all fitness levels

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.

Glow Barre (Limited to 30 spots)
- Barre class focusing on creating balance in the body and improving functional strength
- No need to be a dancer; this class is for all fitness levels

Glow Yo (Limited to 50 spots)
- A faster paced flow yoga class to develop strength, flexibility, balance, and endurance
- Previous yoga experience recommended

HIIT Boot Camp (Limited to 30 spots)
- Improve strength, agility, cardio, and balance through high intensity exercises
- Circuit format using a variety of equipment

HIIT with Yoga (Limited to 30 spots)
- High intensity interval training combined with yoga during the active recovery phase
- Will use minimal equipment such as body weight, dumbbells, bands, and medicine balls

HIIT Yo (Limited to 30 spots)
- High intensity interval training combined with PiYo®
- Incorporates equipment such dumbbells, bands, and glides

H2O Low
- A total body workout using various equipment in the water
- Lower intensity challenge great for all fitness levels

Integrative Yoga (Limited to 50 spots)
- 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

Pilates (Limited to 50 spots)
- Focus on breath and movement
- Improves core strength, posture, balance, joint mobility, and stamina

PiYo® (Limited to 3 spots)
- A fast-paced, choreographed class combining Pilates and Yoga moves.
- Develops strength, endurance, and flexibility

Recovery (Limited to 30 spots)
- Enhance muscle repair and flexibility with stretching and myofascial release
- Utilize stretching and active movement with foam rollers and stretch straps

Slow Flow Glow Yo (Yoga) (Limited to 50 spots)
- Increases strength, flexibility, and balance; improves state of mind
- Special focus on restorative poses and stress reduction
- Appropriate for all levels, including those new to yoga
- Incorporates soft lighting to provide a calm and relaxing atmosphere

Shallow Challenge
- Shallow water cardio and strength challenge using a variety of equipment and formats

Strength (Limited to 30 spots)
- Burn fat, build muscular strength and endurance
- Use TRX®, dumbbells, resistance bands, bars, balls, and kettlebells

Strength & Recovery (Limited to 30 spots)
- Burn fat, build muscular strength, and endurance using various equipment and body weight
- Includes an emphasis on stretching and stress reduction/relaxation at the end of class

TRX®/HIIT (Limited to 30 spots)
- High Intensity Interval Training and TRX® Suspension Training for a total body workout
- Uses a wide variety of equipment to improve cardio, strength, fat loss, and endurance

Yoga (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 provides various levels for each exercise

Zumba® (Limited to 60 spots)
- A fusion of dance, hip hop, and hypnotic International rhythms
- Hand protection is required
- A limited number of devices are available for checkout at the equipment desk.

Xpress – An abbreviated version of the class after which it is named.
- Please warm-up prior to attending any Xpress class.

*Please arrive to class 5 minutes early to check in and set up equipment.