FIT Schedule Class Descriptions

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

**Barre** (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

**Dance!** (Limited to 60 spots)
- A dynamic and high energy dance cardio fitness class

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

**FriYAY!**
- A special series of fun classes featuring various formats and themes

**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.

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

**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 30 spots)
- A fast-paced, choreographed class combining Pilates and Yoga moves.
- Develops strength, endurance, and flexibility

**Step** (Limited to 30 spots)
- This classic workout uses choreographed combinations on a step to provide an upbeat, cardio workout unlike any other class
- Adjustable step heights allow beginner and more advanced fitness levels to customize your own workout

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

**Strength 101** (Limited to 30 spots)
- Learn how to build muscle and strength using free weights, bars, kettlebells, medicine balls, and resistance bands
- Open to all fitness levels; ideal for those new to strength training or anyone needing foundational instruction

**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

**Tsunami** (Limited to 11 spots)
- A fun workout, designed to grow core and joint stabilization, improve your over-all fitness level, prevent injury through increased proprioception, and burn calories
- Tsunami Fitness Boards are used during this class and may be likened to the marriage of a paddle board and yoga mat

**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

**15-15-15** (Limited to 30 spots)
- 15 minutes each of HIIT cardio, strength, and stretching
- Uses equipment such as stability balls and bands in addition to body weight

**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.

**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.*