

# GROUP EXERCISE CLASS DESCRIPTIONS

## PUMP\*\*

Get stronger with this 45/60 minute barbell class focusing on endurance training with over 1,000 reps in this total body workout. For anyone looking to get lean and toned!

## KICKBOXING

A combination of Martial Arts techniques and fast-paced cardio. Burn calories as you build lean muscle with this fun and challenging workout!

## BOOTCAMP

Challenge yourself with this high intensity total body burning workout using various equipment and bodyweight exercises to blast calories! We take this outdoors when the weather is nice!

## WARRIOR COMBAT

Boxing inspired, powerful, and fierce! This class includes high intensity intervals, stress-melting strength training, and music driven fight combos. This empowering conditioning class will leave you feeling confident to take on anything!

## WARRIOR RHYTHM

Fitness-focused with yoga undertones. This class increases strength, flexibility, and balance. It's yoga + weights + HIIT rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

## SMAC STRENGTH & CARDIO

Senior or beginner mobility class that includes cardio, strength and stability training. This class is designed to help you burn fat, keep muscles strong and improve bone density.

## CYCLE 45\*\*

An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiorespiratory conditioning all in 45 minutes.

## CARDIO & CORE

A HIIT timer style class that incorporates toning the whole body, taking your heart rate up and down to burn maximum calories and finishing up with a core toning session.

## ZUMBA

A combination of dance and fitness moves done to a background of exhilarating, international rhythms. This "Latin-inspired dance party" is a terrific way to melt off the pounds!

## YOGA

A physical, mental and spiritual practice with the ultimate goal of attaining tranquility in the mind and spirit by moving through various poses and meditation.

## PILATES

This is a 60 minute class that focuses on strengthening core muscles to promote flexibility and stability.

## STEP\*\*

A dynamic cardiovascular functional workout to improve endurance.

## MAX BURN

The ultimate cardiovascular challenge! A unique blend of high intensity and high energy intervals designed to promote muscular strength and endurance.