

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.

MAX BURN

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