

## CARDIO & STRENGTH TRAINING

<b>ATHLETIC CONDITIONING</b> Int./Advanced	A strength/conditioning class that brings the gym into the studio by using a variety of equipment to keep you challenged.
<b>CARDIO BARRE FUSION</b>	This class incorporates techniques of strength, cardio, balance and core using the barre through rhythmic moves and isometric training.
<b>CARDIO STRENGTH</b>	This class will raise your heart rate for the first portion of the class while toning and strengthening your muscles during the second part. A great combination for an efficient work out!
<b>CROSS TRAIN CHALLENGE</b> Int./Advanced	The perfect combination of cardio and strength incorporating athletic principals and functional strength. Core work included.
<b>CRT</b>	A Cardiovascular & resistance work out utilizing the CRT apparatus. All fitness levels welcome!
<b>HIIT</b> High Intensity Interval Training	Using weights and cardio, this class combines quick bursts of exercise followed by short, active recovery time.
<b>KNOCKOUT!</b>	Using gloves and heavy bags you will learn combinations of punches and kicks that will improve endurance, build strength and improve endurance. (The purchase of your own wraps from the InStyle Boutique is strongly encouraged!)
<b>POWER INTERVALS</b>	Using intense cardio and strength segments, this class focuses on using major muscle groups, compound movements and high intensity intervals.
<b>STRONG</b>	This class incorporates the HIIT philosophy while moving in sync to the music.
<b>TBW</b> Total Body Workout	A moderately intense total body workout that combines cardio moves and resistance training to target all areas.
<b>ZUMBA TONING</b>	A Zumba class that incorporates Zumba toning sticks for added strength

## STRENGTH TRAINING CLASSES

<b>BARRE FUSION</b>	Barre Fusion blends the philosophy and techniques of ballet, barre work, Pilates, isometric training and yoga. Results are longer, leaner muscles!
<b>ABSolution</b>	Concentrated ab-centric floor work paired with deep stretching.
<b>BLT</b>	Focus on strengthening your lower half using various pieces of equipment.
<b>BODY SCULPT</b>	Tone the total body using a variety of equipment for resistance and functional training.
<b>BSS</b>	A workout focusing on stretching and balance while improving strength-a multi level class.
<b>CORE CONNECTION</b>	This class engages the core with exercises that increase balance, stability and strength from the floor. Various exercise equipment will be used.
<b>CORE STRENGTH</b>	A combination of strength moves while incorporating the core.
<b>F.A.S.T.</b> Functional Athletic Strength Training	Improve functional fitness, mobility and stability while increasing muscle strength and endurance. Attention will also be placed on core strength and flexibility.
<b>FINAL CUT</b>	This weight training class will develop muscular strength and endurance using a variety of resistance equipment.
<b>TOP IT OFF</b>	Focus on strengthening your upper half using various pieces of equipment.

## CARDIO CLASSES

<b>CARDIO BURN</b>	A 25 minute xPress class borrowing all types of athletic and dance style moves.
<b>CARDIO DANCE</b>	This class includes various dance styles including zumba, line and hip hop.
<b>LINE DANCING</b>	You will learn various types of Line Dancing while exercising without even realizing it! An exhilarating, efficient way to increase areas of memory, balance and cardiovascular endurance while having fun!
<b>CARDIO JAM</b>	This class combines hip hop, kickboxing and athletic moves in high intensity interval training. No dance experience necessary!
<b>ZUMBA</b>	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco, & other international dance styles.

\*\*\*ANY CLASS WITH A " LITE " IN THE DESCRIPTION SIMILAR TO THE SAME CLASS LISTED BUT DONE AT A SLOWER, LOWER IMPACT AND DELIBERATE PACE.

\*\*\* ANY CLASSES WITH A # IN THE DESCRIPTION IS FOR CHILDREN AGES 9-13

## MIND & BODY CLASSES

<b>FLEX FUSION</b>	This efficient total body workout combines yoga inspired poses and Pilates based exercises to build strength, flexibility, muscular balance and core strength.
<b>GENTLE YOGA</b>	A slow-paced class focusing on easy stretching, breathing and relaxation adaptable to any health condition.
<b>MAT PILATES</b>	The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture and increase flexibility.
<b>NIA</b> Neuro-Muscular Integrated Action	An enjoyable low-impact class using expressive movements inspired by dance and martial arts. Emphasis on joint mobility, stability, flexibility and body awareness.
<b>YOGALATTES</b>	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
<b>SPORT YOGA</b>	Athletic style yoga combining a rigorous flow based practice incorporating balance, strength and stretching.
<b>YIN YOGA</b>	A restorative class to increase flexibility. Yin Yoga is beneficial to the connective tissues around the joints and the fascia that surrounds the muscles.
<b>YOGA LEVEL 1-2</b>	A mixed level class featuring basic and advanced postures: standing & sitting, balance, spine alignment & core strength. Breathing and moving through poses at your own level.

## WATER CLASSES

<b>AQUA FIT</b>	This class offers a gentle workout in the warm water pool. Challenge your flexibility, range of motion, strength and overall fitness.
<b>AQUA ZUMBA</b>	Perform all of your favorite Zumba exercises in the water.
<b>AQUA YOGA</b>	Increase flexibility, strengthen and tone muscles while improving balance and supporting the mind/body connection.
<b>CARDIO WATER</b>	This water class format focuses on Aerobic Conditioning training and resistance.
<b>WATER CIRCUIT TRAINING</b>	A station formatted class utilizing equipment in a variety of circuits to challenge you aerobically while building strength
<b>DEEP WATER RUNNING</b>	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
<b>HYDROFIT CHALLENGE-</b>	This class focuses on strength utilizing various pieces of equipment while accommodating all level of fitness.
<b>WARM WATER THERAPY</b>	Designed for those with joint pain, fibromyalgia, arthritis and low back pain. Force will be reduced to joints with an increase in circulation and decrease in inflammation will be experienced.
<b>WARM WATER PILATES</b>	All fitness levels will benefit from the core stability training in the warm water pool. The class promotes enhanced breathing techniques and muscular balance.
<b>WATER CONDITIONING</b>	A total body training class utilizing water resistance. This class combines aerobic conditioning, muscular strength, endurance and core stability.
<b>WATER WORKS</b>	Water fitness training with cardiovascular and muscular strength endurance components.

## SPIN CLASSES

<b>RHYTHM RIDE</b>	A high intensity rhythm-based workout.
<b>SPIN</b>	Spin classes are designed to simulate a variety of different road terrains from steady, flat stretches to hills. Instructors will help beginners get set up on the bike properly.
<b>SPIN/YO</b>	This class combines a cycling workout with a yoga class focused on stretching the major muscles groups previously worked
<b>SPIN BOOT CAMP</b>	Class incorporates strength work both on and off the bike
<b>SPIN &amp; STRENGTH</b>	Class intersperses weight work throughout the ride.
<b>THE RIDE</b>	A 75 minute ride that allows you to ride farther and longer.

## SENIOR CLASSES

<b>SIT &amp; BE FIT</b>	Increase and improve flexibility, range of motion, strength and overall fitness while seated in a chair. 45 minutes
<b>CHAIR YOGA</b>	Traditional yoga poses done in a chair to build flexibility, mobility and balance.