

CARDIO & STRENGTH TRAINING	
ATHLETIC CONDITIONING Int./Advanced	A strength/conditioning class that brings the gym into the studio by using a variety of equipment to keep you challenged.
CARDIO BARRE FUSION	This class incorporates techniques of strength, cardio, balance and core using the barre through rhythmic moves and isometric training.
CARDIO STRENGTH	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!
CROSS TRAIN CHALLENGE Int./Advanced	The perfect combination of cardio and strength incorporating athletic principals and functional strength. Core work included.
CRT	A Cardiovascular & resistance work out utilizing the CRT apparatus. All fitness levels welcome!
CRT CIRCUIT	Individual or group circuits using a variety of equipment including the CRT straps
HIIT High Intensity Interval Training	Using weights and cardio, this class combines quick bursts of exercise followed by short, active recovery time.
KNOCKOUT!	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!)
POWER INTERVALS	Using intense cardio and strength segments, this class focuses on using major muscle groups, compound movements and high intensity intervals.
LOW IMP ACT/CORE	High intensity no impact workout to elevate your heart rate followed by exercise that will engage and strengthen your core
POUND	Your core, flexibility and strength will be challenged in this rocking drumming based class. Have a blast and get fit!!!
TBW Total Body Workout	A moderately intense total body workout that combines cardio moves and resistance training to target all areas.
ZUMBA TONING	A Zumba class that incorporates Zumba toning sticks for added strength

STRENGTH TRAINING CLASSES

BARRE FUSION	Barre Fusion blends the philosophy and techniques of ballet, barre work, Pilates, isometric training and yoga. Results are longer, leaner muscles!
ABSolution	Concentrated ab-centric floor work paired with deep stretching.
BLT	Focus on strengthening your lower half using various pieces of equipment.
BODY SCULPT	Tone the total body using a variety of equipment for resistance and functional training.
BSS	A workout focusing on stretching and balance while improving strength-a multi level class.
CORE STRENGTH	A combination of strength moves while incorporating the core.
F.A.S.T. 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.
FINAL CUT	This weight training class will develop muscular strength and endurance using a variety of resistance equipment.
TOP IT OFF	Focus on strengthening your upper half using various pieces of equipment.

CARDIO CLASSES

CARDIO BURN	A 25 minute xPress class borrowing all types of athletic and dance style moves.
CARDIO DANCE	This class includes various dance styles including zumba, line and hip hop.
LINE DANCING	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!
CARDIO JAM	This class combines hip hop, kickboxing and athletic moves in high intensity interval training. No dance experience necessary!
CARDIO EXPRESS	This class will utilize various pieces of equipment to elevate and keep your heart rate up for the entire class! Great for cardiovascular stamina and calorie burning!
CARDIO TENNIS BLAST	This fast-paced class offers all fitness levels, non-tennis player or experienced, drills that will increase your heart rate and cardiovascular stamina My Zone compatible and encouraged!
ZUMBA	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	
CORE CONNECTION	This class engages the core with exercises that increase balance, stability and strength from the floor. Various exercise equipment will be used.
FLEX FUSION	This efficient total body workout combines yoga inspired poses and Pilates based exercises to build strength, flexibility, muscular balance and core strength.
GENTLE YOGA	A slow-paced class focusing on easy stretching, breathing and relaxation adaptable to any health condition.
MAT PILATES	The Pilates Method is a challenging workout designed to build strong, lean muscles and core strength, improve posture and increase flexibility.
NIA 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.
YOGALATTES	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
SPORT YOGA	Athletic style yoga combining a rigorous flow based practice incorporating balance, strength and stretching.
YIN YOGA	A restorative class to increase flexibility. Yin Yoga is beneficial to the connective tissues around the joints and the fascia that surrounds the muscles.
YOGA LEVEL 1-2	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

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

SPIN CLASSES

RHYTHM RIDE	A high intensity rhythm-based workout.
SPIN	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.
SPIN/YO	This class combines a cycling workout with a yoga class focused on stretching the major muscles groups previously worked
SPIN BOOT CAMP	Class incorporates strength work both on and off the bike
SPIN & STRENGTH	Class intersperses weight work throughout the ride.
THE RIDE	A 75 minute ride that allows you to ride farther and longer.

SENIOR CLASSES

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