

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.
BODY/BAND/BURN	A mix of resistance and cardio training for maximum fat burning and body sculpting results. An intense yet basic workout for all fitness levels, using a variety of resistance bands and body weight exercises.
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 workout utilizing the CRT apparatus. All fitness levels welcome!
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 and build strength. The purchase of your own wraps from InStyle Boutique is strongly recommended.
POWER INTERVALS	Varying timed interval times of :30 – 1:00 per movement, using resistance equipment and bodyweight exercises will get your heart rate high and low. Intensity will vary in segments allowing exercising longer and at more intense levels. Interval training can keep you burning post workout to aid in metabolism change. Wear your MyZone to maximize your experience.
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.

MIND & BODY CLASSES

CORE CONNECTION	This class engages the core with exercises that increase balance, stability and strength from the body's floor. Various exercise equipment will be used.
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.
YOGALATES	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
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 YOGA	Increase flexibility, strengthen and tone muscles while improving balance and supporting the mind/body connection.
AQUA ZUMBA	Perform all of your favorite Zumba exercises in the water.
DEEP WATER CARDIO	This aqua format uses the deep water for a great low to no impact cardio workout. Water running, suspended core moves and high intensity timed intervals will be used. The option of a noodle or water belt as well as shallow water is provided as well.
DEEP WATER RUNNING	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
WARM WATER PILATES	All fitness levels will benefit from the core stability training in the warm water pool. This class promotes enhanced breathing techniques and muscular balance.
WARM WATER THERAPY	Designed for those with joint pain, fibromyalgia, arthritis THERAPY and low back pain. Force will be reduced to joints with an increase in circulation, and a decrease in inflammation will be experienced.
WATER CONDITIONING	A total body training class utilizing water resistance. This class combines aerobic condition, muscular strength, endurance, and core stability.

STRENGTH TRAINING CLASSES

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.

CYCLE CLASSES

CYCLE	Cycling classes are designed to simulate a variety of different road terrains from steady, flat stretches to hills. Instructors will help get set up on the bike
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CARDIO CLASSES

CARDIO CORE	First half of class is cardio with a variety of formats and equipment. The second half is all core based exercises which could include standing, Pilates, and yoga.
CARDIO DANCE	This class includes various dance styles including Zumba, line and hip hop.
CARDIO JAM	This class combines hip hop, kickboxing and athletic moves in high intensity interval training. No dance experience necessary!
LOW IMPACT CARDIO BURN	High-intensity, low impact workout to elevate your heart rate.
ZUMBA	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco & other international dance styles.
ZUMBA GOLD	Dance moves from salsa, tango, flamenco as well as other international dance styles. Done at a slower pace than the traditional Zumba.

SENIOR CLASSES

BALANCE STRENGTH AND STRETCH	Strengthen and lengthen your body to increase your agility, vitality and confidence in fall prevention. Use a variety of equipment to build muscle strength, core and balance. The last 15 minutes will focus on longer timed stretching to improve flexibility and range of motion.
CHAIR YOGA	Traditional yoga poses done in a chair to build flexibility, mobility, and balance.
SIT & BE FIT	Increase and improve flexibility, range of motion, strength, and overall fitness while seated in a chair.

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