

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!
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.
CIRCUITS	Moving from station to station be ready to fatigue your muscles and get your heart rate up in this quick paced circuit style class.

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.
ZUMBA	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco & other international dance styles.

STRENGTH TRAINING CLASSES

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.
BARRE FUSION	On and off the ballet barre, this class is designed to increase your cardiovascular strength while helping you tone, sculpt, and lengthen your muscles from head to toe.

CYCLE CLASSES

CYCLE	This challenging cardiovascular workout will guide you through a variety of terrains and speed work as you build muscular endurance. Your instructor will motivate and encourage as you work through targeted zone training, using individual power meters that bring color as you connect!
CYCLE/STRENGTH	This combination of Cycle and Strength work will challenge you on and off the bike as you develop muscular strength and endurance. This effective total body workout has you riding through a variety of terrains and speeds, and takes you to the mat using weights and resistance bands.

BOX 'N BURN

BOX 'N BURN	This boxing and training class challenges you with bag work, 1-on-1 mitt work, and functional fitness exercises. This perfect combination will help with weight and fat loss, increase muscle and overall strength, boost confidence, relieve stress, and improve focus.
BNB101	Interested in Box 'N Burn, but have a questions or never hit a bag? Come to this class to learn the basics! Our certified instructors will answer any questions and prepare you to enter your first class with confidence!

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 RUNNING	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
AQUATIC RESISTANCE TRAINING	Increase your muscle strength, endurance, and core stability using water resistance and a variety of aquatic fitness equipment. This class can be taken in shallow or deep water.
AQUATICS AEROBICS	Enjoy a low impact aerobic workout to improve your cardiovascular condition and endurance using a variety of formats in shallow or deep water. All fitness levels will be challenged.
WARM WATER DANCE	Have a blast while dancing, tone muscles, work core, improve range of motion. Noodles and weights are incorporated with choreographed moves for better strength, health and vitality. Sing along!
WARM WATER CORE CHALLENGE	This challenging class will tone, tighten, and sculpt your core. A strong core improves everyday movement patterns, stability, and balance, and lessens wear and tear on the back. All fitness levels will benefit from this training in the warm water pool.
BALANCE, WALK, STRETCH	Improve your functional performance and confidence in fall prevention. The heated water and hydrostatic pressure promote muscle relaxation and stress relief as various walking movements are executed utilizing a variety of equipment to improve muscle strength, joint flexibility, core, and balance.
AQUA CIRCUITS	Full body conditioning that involves endurance and resistance training, high intensity aerobics, and other exercises performed in a circuit style rotation. Options available for those uncomfortable with deep water exercise.
WATER CARDIO	This cardio based aqua class in the deep and shallow water will focus on speed, distance, and core work to get your heart rate up.
AQUA FRIDAY FUN	Looking to end your week on a fun note? This fast moving total body workout aqua class will bring you back to childhood! Every week features a different format of games, relays, and even synchronized swimming! This class will ensure a great cardio workout and provide key endorphins to start your weekend right!

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.
FUNCTIONAL FITNESS	Increase your strength, balance and range of motion by applying exercises that improve activities of daily living, as well as fall and injury prevention.