

## 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>CRT</b>	A cardiovascular & resistance workout 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 and build strength. The purchase of your own wraps from InStyle Boutique is strongly recommended.
<b>POWER INTERVALS</b>	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.
<b>TBW</b> Total Body Workout	A moderately intense total body workout that combines cardio moves and resistance training to target all areas.
<b>CIRCUITS</b>	Moving from station to station be ready to fatigue your muscles and get your heart rate up in this quick paced

## CARDIO CLASSES

<b>CARDIO CORE</b>	First half of class is cardio with a variety of formats and equipment. The second half is all core based exercises
<b>ZUMBA</b>	Zumba combines high energy and motivating music with dance moves from salsa, tango, flamenco & other international dance styles.

## STRENGTH TRAINING CLASSES

<b>F.A.S.T.</b> Functional Athletic Strength Training	Improve functional fitness, mobility and stability while increasing muscle strength and endurance. Attention will
<b>FINAL CUT</b>	This weight training class will develop muscular strength and endurance using a variety of resistance equipment.

## CYCLE CLASSES

<b>CYCLE</b>	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!
<b>CYCLE/STRENGTH</b>	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.

## MIND & BODY CLASSES

<b>CORE CONNECTION</b>	This class engages the core with exercises that increase balance, stability and strength from the body's floor. Various exercise equipment will be used.
<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>YOGALATES</b>	Combine the basic postures and techniques of yoga with foundations in Pilates in this fusion class.
<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 YOGA</b>	Increase flexibility, strengthen and tone muscles while improving balance and supporting the mind/body connection.
<b>AQUA ZUMBA</b>	Perform all of your favorite Zumba exercises in the water.
<b>DEEP WATER RUNNING</b>	A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.
<b>AQUATIC RESISTANCE TRAINING</b>	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.
<b>AQUATICS AEROBICS</b>	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.
<b>WARM WATER DANCE</b>	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!
<b>WARM WATER CORE CHALLENGE</b>	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.
<b>BALANCE, WALK, STRETCH</b>	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.

## SENIOR CLASSES

<b>BALANCE STRENGTH AND STRETCH</b>	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.
<b>CHAIR YOGA</b>	Traditional yoga poses done in a chair to build flexibility, mobility, and balance.
<b>SIT &amp; BE FIT</b>	Increase and improve flexibility, range of motion, strength, and overall fitness while seated in a chair.
<b>CARDIO STRENGTH LITE</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 done at a slow, low impact and deliberate pace.
<b>FUNCTIONAL FITNESS</b>	Increase your strength, balance and range of motion by applying exercises that improve activities of daily living, as well as fall and injury prevention.
<b>FINAL CUT LITE</b>	This weight training class will develop muscular strength and endurance using a variety of resistance equipment,