

Class Descriptions

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| Indoor Cycling | Riders of all fitness levels come together for classes designed to increase strength, endurance and aerobic capacity. Ride with us as we traverse hills, flats and mountain peaks. Join us as we improve our fitness through interval training and various drills. Our instructors will guide and encourage you, but YOU are in control. |
| Zumba | This class is a fun energetic aerobic fitness “party” featuring movements from Latin American style dance and incorporating Latin American and hip-hop music. Come join the Party! |
| Zumba World | Enjoy a combination of low intensity Zumba while experiencing music from all over the world such as cumbia, salsa, and reggaetón. This class also incorporates Zumba toning along with a section on other forms of dance such as belly dancing. |
| Barre | The BARRE class is a fusion of ballet, Pilates, yoga and strength training. This class is designed for a wide range of fitness levels, ages, and bodies. Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture. The workout includes a warm-up, lower body section and a core section. |
| Pilates | A fun series of exercises benefiting the body’s core. It’s a cardiovascular, fat-burning workout that focuses on alignment, posture, and balance. |
| Body Sculpt | Body Sculpt is a total body workout that focuses on strength and some cardio. It is designed to work all muscle groups and is for beginners as well as advanced exercise enthusiasts. It includes a warm-up, strength section, and some cardio. Various equipment is used during class, to include, TRX, kettlebells, balls, dumbbells, body bars and tubing. |
| TRX Suspension Training | TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. |
| Muscle Pump | Muscle Pump is a high energy total body workout set to motivating music. Using weighted bars, free weights, bands, exercise balls, etc. you will challenge all of your major muscle groups through squats, presses, lifts and curls. High repetition movements with low weight loads will help you achieve strength and introduce lean body muscle conditioning. This class is great for all fitness levels. |
| Strong Nation HIIT | Strong Nation is a revolutionary 45-minute, high-intensity, full body workout where every move is perfectly synced to original music. Combining body-weight exercises like squats, pushups, and burpees with great tunes, you’ll be training to the beat instead of counting reps. Push past your limits and find your next level of fitness! |
| Body Movement | Body Movement is a very low-impact class for all ages and fitness levels. This class focuses on isolating body parts, such as hips, ribs, arms, etc. and general movement of the body in a controlled manner, allowing for more flexibility, mobility and coordination. This class is 45 minutes long due to the focus and isolation of rarely used muscles. |
| Aqua Zumba | High energy but low-impact! The water creates a natural resistance and helps tone your muscles. |
| Water Power for Knees & Hips | This class is in a gravity-free environment, for people with knee or hip pain. Put on a floatation belt to remove all impact from weight-bearing joints. Run, power walk and speed walk intervals are modified here to protect the knees and mobilize the hips. Move to stretching, kick training and non-impact exercises. Finish with lower body strengthening for muscles surrounding the knees and hips. |
| Water Power Workout | This class is for those seeking a moderate to challenging workout. Put on a floatation belt and run, power walk and speed walk for interval training. Stretch, kick training, agility exercises, all with no weight-bearing or minimal weight-bearing. Finish with upper/lower body strengthening exercises. |
| Vinyasa Flow Yoga | A power Vinyasa flow, with intentions to build strength and calm the mind. Using the breath to connect a series of postures, this class will enhance the student’s body awareness, flexibility, strength and muscle tone. Students will be able to find a level of physical work in the class that is fun and yet a personal challenge. Most students feel some degree of relaxation by the end of their class. (Saturday – 0900) |
| Beginner & Intermediate Yoga | An introduction and exploration with intentions to empower. (Thursday – 1630) |
| Yin Yoga | Mostly done seated and incorporates deep stretches that are held for 3-5 minutes (much longer than our vinyasa practice). For many, it is an advanced practice of yoga because we find our deepest stretch and try to sit in the discomfort. The benefits: a greater muscle stretch, practice settling the breath and mind. It also increases circulation, and improves joint mobility. If you have osteoporosis, talk to your doctor before attending. (Wed @ 1700) |
| Yoga | You will be guided through strengthening and lengthening postures with options to mindfully add on if desired, as well as numerous modifications to adjust to your own body’s needs in order to cultivate and maintain safe alignment and optimal health promoting breathing. Throughout practice, you will experience a variety of yoga modalities, elements of Joint Freeing Movements, breathing methods, stress and tension releasing techniques. (Fri @ 1100) |
| Comebackyoga Level 2 Yoga | This class is offered in affiliation with Comeback Yoga, a Denver-based non-profit for providing free yoga to anyone with a military ID. You may do a walk-in as a regular fitness center class or You may pre-register and take other free online classes at this site: https://comebackyoga.org/ . The classes are accessible, however, provide a little more strength and potential challenge than "all levels". |