



## CLASS DESCRIPTIONS

**Ballet Barre** - Tone your legs, strengthen your core and improve your balance through basic ballet barre work. Get ready to feel long, lean and graceful!

**Butts & Guts** - Body weight exercises, circuits, intervals and mat work will ensure that your backside and belly get the love they need and the results you deserve.

**Full Body Circuit** - This boredom buster takes you through a circuit of cardio, strength and core work to help boost fat burning and sculpt muscles.

**Group Cycle** – The hammer's down! Increase leg strength, cardiovascular capacity and stamina in the high energy atmosphere of group cycle. (Suitable for beginners).

**Karma Yoga** - Karma Yoga is not a specific style of yoga itself but rather yoga given freely for the benefit of the individual and the community. All levels are welcome. Yoga mat required.

**Kettlebell Circuit** - Learn the fundamentals of kettlebell training and a ton of exercises that you can include in your daily workout routine. This class will use both the studio and the weight floor.

**Kickboxing Level 1** - Using speed, agility and power, kickboxing combines the punches and hooks of boxing with powerful martial art's kicks to create an intense cardiovascular workout. High energy, safe and lots of fun! No experience necessary.

**Kickboxing Level 2** - Building on the cardio and combos of Level 1, this class will involve catching/blocking kicks and weaving/blocking punches with a lot more interactive combos. Participants require kickboxing skills (jab, cross, hooks & roundhouse kick) as well as effective pad holding technique. Upper cut punches and knees will be added. Prerequisite: Kickboxing Level 1

**Learn How to Meditate** - Learn the simple practice of Insight Meditation (Vipassana) while opening your hips to develop a comfortable meditation posture. Complement this class with Yoga Wednesdays.

**Meditation** - Indulge in a moment of inner peace through this facilitator-led reflection. Discover how 15-minutes of just being can change the quality of your entire day.

**Metabolic Surge** - Metabolic training is high intensity training done with very short bouts of rest. This class is not for the faint of heart. You will be challenged on multiple levels and get results.

**Open Circuit** - For the evening exercisers, this is a self-guided circuit, combining strength and cardio. Drop-in any time between 4:00 and 6:00 pm. Try some new equipment, learn some new moves and sweat a little harder than usual!

**Power Circuit** - Set a new normal with this intense circuit class - cardio, weights, plyometrics and stability exercises all bringing it hard for better performance.

**Safe4Life** - Safe4Life teaches a complete Safety Plan that includes mental, emotional, and physical skill responses. These are skills that all individuals can readily and automatically access in a scary or dangerous situation. The program is facilitated by experienced police detectives, officers and safety professionals to build your skills in personal presence, confidence, and awareness for lifelong personal safety. Register on myGPS.

**Total Body Conditioning** - Weights & intervals on the step or without. No choreography. Programmed so anyone can enjoy cardio and resistance training rolled into one total body benefit.

**Total Body HIIT** - This is High Intensity Interval Training (HIIT) - challenging cardio explosions, short rest periods, tough strength training. It's never the same workout twice!

**TRX®** - A full body performance workout. You've got this!

**TRX® iT** - Get ready for a wild ride! TRX® suspension training combined with high intensity interval Training (iT). Develop functional strength while harnessing the power of metabolic conditioning.

**Yin Yoga** - Yin yoga is a grounding practice. It effectively balances an active lifestyle, using long holds to lead you into deeper relaxation and stillness. Yoga mat required.

**Yoga Foundations & Flow** - Start your day off right with a vinyasa flow class that focuses on alignment and longer, deeper holds. Yoga mat required.

**Zumba®** - Are you ready to party yourself into shape? Zumba® classes are "fitness-parties" that blend upbeat rhythms with easy-to-follow choreography for a full body workout that's totally FUN.