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.

CFT
A cardiovascular & resistance workout utilizing the CFT apparatus. All fitness levels welcome!

HIT
High intensity interval training
Using weights and cardio, this class combines quick bursts of exercise followed by short, active recovery times.

KNOWKOUT!
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.

POUND
Your core, flexibility, and strength will be challenged in this rocking, drumming based class. Have a blast and get fit!

POWER INTERVALS
Varying timed intervals of 30 – 1:00 per move, 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.

TABATA TAKEOVER
Interval training based on the Tabata method of 4-minute intervals consisting of 20 seconds of your max intensity followed by 10 seconds complete rest. This is done 8 x through. The intervals will alternate between cardio and strength exercises.

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.

FAMILY YOGA
45-minute Hatha Yoga class for the entire family to enjoy! This class will explore standing poses, sun salutations, breathing and relaxation techniques to de-stress with the ones you love in a pleasant environment. Ages 4 to infinity!

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.

YIN YOGA
A restorative class to increase flexibility. Yin Yoga is beneficial to the connective tissue around the joints and the fascia that surrounds them.

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 poses: standing & sitting, balance, spine alignment & core strength. Breathing and moving through poses at your own level.

WATER CLASSES

AQUA FIT
This class offers a gentle workout in the warm water pool. Challenge your flexibility, range of motion, strength and overall fitness.

AQUA YOGA
Increase flexibility, strength and tone muscles while improving balance and supporting the mind/body connection.

AQUA ZUMBA
Perform all of your favorite Zumba exercises in the water.

CARDIO WATER
This water class format focuses on Aerobic Conditioning training and resistance.

DEEP WATER RUNNING
A perfect cross training that will offer a high intensity cardiovascular workout while giving your joints a break.

HYDROFIT CHALLENGE
This class focuses on strength, utilizing various pieces of equipment while accommodating all levels of fitness.

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 CIRCUIT TRAINING
A station formatted class utilizing equipment in a variety of circuits to challenge you aerobically while building strength.

WATER CONDITIONING
A total body training class utilizing water resistance. This class combines aerobic condition, muscular strength, endurance, and core stability.

WATER WORKS
Water fitness training with cardiovascular and muscular strength endurance components.

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.

CYCLE BOOT CAMP
Class incorporates strength work both on and off the bike.

SENIOR CLASSES

CHAIR BARRE YOGA
Pilates, Yoga, & Ballet movements at the barre to increase flexibility, mobility, strength, and range of motion with a fusion of seated chair exercises with various equipment for 45 minutes.

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.

SUMMARY

CARDIO CLASSES

CARDIO BURN
A 25-minute ePress class burning all types of athletic and dance style moves.

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!

LINE DANCING
You will learn various styles of Line Dancing without realizing you are working out! An exhilarating, efficient way to increase areas of memory, balance and cardiovascular endurance while having fun.

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.

STRENGTH TRAINING CLASSES

ABSolution
Concentrated ab-centric floor workout paired with deep stretching.

BARRE FUSION
Barre Fusion blends the philosophy and techniques of ballet, barre work, Pilates, isometric training and yoga. Results are longer, leaner muscles.

BODY SCULPT
Tone the total body using a variety of equipment for resistance and functional training.

CORE STRENGTH
A combination of strength moves while incorporating the core.

F.A.S.T.
Functional Athletic Strength Training

FINAL CUT
This weight training class will develop muscular strength and endurance using a variety of resistance equipment.

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