

Cardio Class Name	Class Description	Intensity
Zumba®	An easy-to-follow Latin-inspired dance fitness party™	H/M/L
Kickboxing	A workout that combines punches, kicks, and footwork for a high intensity cardio workout.	H/M
Turbokick ®	A combination of kickboxing and simple dance moves to fun, upbeat music.	H/M
HIIT the Step	A workout with creative combinations of step aerobics and high intensity interval training.	H/M
Cardio HIIT	A class full of high energy cardio exercises and high intensity interval training.	H/M
Cardio Water	A pool workout that involves both interval and resistance training.	H/M/L
Power Cycle	An indoor cycling workout that stimulates the outdoor cycling experience with a mix of basic, rhythmic, and athletic cycling drills.	H/M
Cycle (Sunrise/Late Night/Sunday)	An indoor cycling workout that combines cycling drills with intense calorie burning cardio.	H/M/L

Strength Class Name	Class Description	Intensity
Core	High energy 20-minute abdominal and back strengthening workout.	H/M/L
Barbell Blast	A total body strengthening class primarily including the use of barbells.	H/M
Tabata HIIT	A class full of high energy exercises and high intensity interval training based on the 2:1 Tabata Ratio.	H/M/L
Athletic Conditioning	A total body strengthening class that incorporates athletic movements.	H/M
Triple Threat	A class that is made up of three segments of the instructor's choice, with an emphasis on strengthening and toning the whole body.	H/M/L

Mind/Body Class Name	Class Description	Intensity
Pilates	A class for all levels that emphasizes muscular strength, endurance, flexibility, and balance, with an emphasis on the core muscles.	H/M/L
Barre	A fusion workout which incorporates elements of Pilates, Ballet, and strength techniques in order to improve strength and flexibility of the whole body.	H/M
Yoga	An all-inclusive class that focuses on improving mental clarity, muscular balance, strength, and endurance.	H/M/L
Yin Yoga	An hour long class of holding yoga poses for an extended period of time to improve mental clarity and plasticity of the muscles.	H/M/L
Baptiste Power Yoga™	A class that utilizes active self-inquiries as tools of transformation. This class is designed to empower you through focus, physical training, and insight.	H/M
Ashtanga Yoga	A yoga class which focuses on yoga fundamentals such as sun salutations, ujjayi breathing, and energy locks.	M/L
Kripalu Yoga	A form of yoga which emphasizes inner focus, standard yoga poses, breath work, and mental clarity for relaxation.	M/L
Integrative Yoga	A yoga class combining the elements of asana, pranayama, mudra, yoga Nidra, mantra, and meditation.	M/L
Indian Classical Yoga	A class that focuses on deep fundamentals of yoga rooted in Indian tradition.	M/L
Vinyasa Yoga	A flow of yoga postures synchronized to the breath to improve muscular strength, flexibility, and mental clarity.	M/L
Power Vinyasa Yoga	A flowing series of poses with the breath which incorporates quickly paced flows to improve muscular strength and endurance.	H/M/L

HIIT Class Name	Class Description	Intensity
HIIT Circuit Training	A workout that implements stations and high intensity interval training to improve muscular strength, endurance, and cardiovascular fitness.	H/M

Intensity Scale
H = High
M = Medium
L = Low