

CLASS DESCRIPTIONS

CARDIO

For our Cardio classes, no equipment is necessary, but if it's available to you, we recommend space to move (6x6')

H.I.I.T.

In our High Intensity Interval Training push yourself during your work period and come back with a recovery period for true interval work. Maximize your workout while minimizing your time with cardio drills designed to get your heart rate pumping!

TURBO KICK®

This class is the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

DANCE

No equipment is necessary, but if it's available to you, for our ballet classes we recommend a countertop or chair (something sturdy and about the height of your belly button) and space to move (6x6'). We also recommend wearing socks or going barefoot for class. For Ballet Boot Camp, we recommend a mat or towel, a textbook and a pillow. For Tiger Tease, we recommend wearing athletic shoes.

BALLET

Come and meet us at the barre for technique and training. Classical Ballet technique will be presented in this course. Participants will develop long, graceful lines of movement while performing exercises and choreography.

BALLET BOOT CAMP

Work your muscles like a ballet dancer! This class incorporates the

principles of ballet into strength-training exercises to work all major muscle groups. Ballet Boot Camp will leave you feeling poised, graceful, and strong.

BEGINNING BALLET

Welcome to the barre! We will introduce classical technique in this class, emphasizing proper alignment and teaching terminology. As we progress through class, from small to larger movements, students will see core themes repeat themselves. Class will focus on barre work, followed by practicing a skill in the center, and concluding with a stretch.

FAMILY BALLET

Enjoy moving with friends and family! All ages and abilities are welcome in this class that explores basic ballet movements in a laid-back environment. We will practice movement using metaphors, opposites, and creative expression. Those attending class with a buddy will have opportunities to interact during class. Because no barre is used during this class members will work on balance. However, if a member is taking class seated or uses an assistive device, it is helpful to let the instructor know at the beginning of class to adjust language used.

JAZZ

The Jazz class focuses on technique and flexibility. This fun and energetic dance style will be used to work on the skill of pirouettes, fouettes, grand jetes, switch leaps and more. Classes help participants incorporate the technique worked on across the floor into choreography to show-off new skills.

TIGER TEASE

The hottest way to dance through your full body workout! Stylized choreography, ground work, and

sexy moves are designed to work your core, glutes, quads, and arms. So, what are you waiting for? Bring your friends and make new ones as you add some spice into your workout!

PILATES

No equipment is necessary, but if it's available to you, we recommend floor space (6x6') and a mat or towel. We also recommend wearing socks or going barefoot for class.

MAT PILATES

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This mat-based class will maximize abdominal strength while increasing flexibility in the rest of the body.

STRENGTH

No equipment is necessary, but if it's available to you, we recommend: dumbbells and resistance bands, or household items you can lift with, such as full water bottles, laundry detergent, water jugs, soda/water 12 pack boxes, backpack full of books, cat litter, bags of soil, etc.! Also a chair and mat or towel.

ABS & ARMS

Work your abs and your upper body muscles in this strengthening class. We use a variety of equipment to strengthen your abs, arms, shoulders, chest, and back for the ultimate upper body workout

ABS & GLUTES

Work and strengthen your lower body and core with us in our Abs and Glutes class. We will use bodyweight resistance and offer equipment options to strengthen and work all muscles of your abs, low back, glutes and legs.

YOGA

For our Yoga classes, No equipment is necessary, but if it's available to you, we recommend:

floor space, mat or towel, if you prefer not to lay on your floor/ground, yoga blocks or a pillow and a yoga strap or a rolled up T-shirt (lengthwise)

POWER YOGA

Join us for our Power Yoga as we synchronize movement with breathing by linking traditional Yoga postures together into a flowing, dynamic practice. Previous yoga experience is recommended.

STRESS REDUCTION YOGA

This class uses postures, breath, and meditation to slow the sympathetic nervous system's response to stress. The techniques learned in this class can be used in everyday life to reduce stress and bring attention to the present moment. Leave this class feeling calm, positive, and relaxed.

SUNRISE YOGA

Start your day with this inspiring mind/body workout. Flowing, classic yoga poses, breath work, and an active meditation will leave you ready to start your day.

VINYASA YOGA

Poses flow from one into the next in our Vinyasa Yoga class designed to bring breath and movement into union. This class will create focus, power, and alignment.