



PROGRAM TITLE	DESCRIPTION	BENEFITS			
		Cardio	Strength	Flexibility	Balance
BOSU Step/Abs	Take your Step routine to the next level by transitioning to the BOSU. This high-intensity choreography based class will improve your balance, endurance, power and agility - followed by BOSU specific training for the core.	*	*	*	*
Cardio Sculpt	Give your metabolism a kick start with this cardiovascular and muscular challenge. Keeping your heart rate elevated with bouts of cardio intervals while sculpting the entire body with balls, bands, weights and more.	*	*	*	
emPower Yoga	This invigorating practice places emphasis on strength and flexibility through varied sets of sequenced asanas practiced with strong purpose. This class will propel you into whatever follows with an abundance of high energy.	*	*	*	*
Hatha Yoga	A Hatha-inspired comprehensive set of yoga postures intended to lengthen and tone the entire body through extension and compression holds. Appealing to new students, athletes and Bikram practitioners, this Hatha series provides alignment and balance as well space for meditation and relaxation.		*	*	*
Hoop Dancing	Hoop Dancing is an energizing, fat-burning, cardio and muscle sculpting workout. Use an adult-size hula hoop and blend your hooping skills with elements of dancing. Easy to learn. Reduce stress. Boost your mood.	*		*	*
JUMP!	30 Minutes of intense cardiovascular work - including basic calisthenics. Strengthen your ankles and feet, improve balance and increase speed as well as your vertical jump! 10 minutes of jump roping has the equivalent cardiovascular benefit to 30 minutes of jogging. Get JUMPING!	*			*
Lunch on the Run	This 30-minute circuit training class will challenge the athlete in you. Inspired by Master Personal Trainer, Tim Harris and intended to make the most out of your lunch hour!	*	*	*	*
Mad Abs	This class is just what you've been asking for, 30 minutes of pure ABS. Helping you strengthen and tighten the most important muscles in your body, your CORE!		*	*	*
MoVe	MVe training gives clients a deeper physical understanding of core muscles, enabling them to be more efficient in other fitness modalities. Pilates meets Fitness! This class offers heart-pumping sculpting exercises with the efficiency and effectiveness of Pilates. Newcomers are welcomed... no prior Pilates experience necessary. RESERVATIONS ARE REQUIRED. Reserve your chair at the Member Services desk 30 minutes prior to class start time.		*	*	*
Night Riders	This class will enhance your cycling skills with interval, strength and/or endurance training. Designed for all levels, this classes offers a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and a desire to be out on the road.	*			
Pilates Mat Fusion	An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, coordination and mind/body awareness.		*	*	*
Power Sculpt	This sculpting class includes all benefits of movement and incorporates all major muscle groups of the body. Be prepared for an hour of Power!	*	*	*	*
Pura Fit Yoga	This practice includes an athletically influenced Yoga format that provides a well-balanced variety in routine for athletes of all sports, fitness enthusiasts and yoga lovers alike. This low-impact cross training class can help you develop better a breathing technique while it improves your balance, flexibility, core strength, and endurance.		*	*	*
Pura Flow Yoga	This class matches the comfort of fluid, graceful movement with the strength-building power of challenging postural flow resulting in a truly enjoyable process to cleanse, inspire and inform. All are welcome to meet the challenge and find their place here.	*	*	*	*
PurAlign Yoga	This practice pays particular attention to precision of alignment, form and structure. Each yoga pose is experienced and examined thoroughly, often with the use of props, resulting in greater strength and flexibility as well as improved physical posture and deep power of concentration.		*	*	*
Riders on the Run	This express version of traditional Spin offers all of the energy and intensity of the serious Spin class in an abbreviated capsule of time. Ride hard for cardiovascular and muscular endurance while leaving a bit of your lunch hour free for whatever else you need.	*			
Spin to Win	This multi-terrain ride is designed to develop skills and improve performance. A major calorie-burner, this workout will focus on increasing aerobic and muscular endurance by encouraging fast pace as the instructor guides you through runs, jumps, intervals, sprints and climbs. For the true cycling enthusiast!	*			

Thermal Yoga	These Bikram-style sessions give you the benefit of growing within the realm of repetitive, consistent and challenging structure. This practice, known as the original "hot yoga" is hosted in a very warm studio and includes 26 asanas, sometimes repeated twice, along with breath exercises intended to build strength, flexibility, stamina and inner focus.	*	*	*	*
Total Body Fusion	A unique and creative blend of stretch, Yoga, Pilates, muscle conditioning, balance and core work. You'll get a little bit of everything you need here!	*	*	*	*
Tread & Shred	Tred 'n' Shred is an interval class on the treadmill that is based on your own fitness level. You set the treadmill speed using your perceived intensity level of hard, moderate, or easy. From beginning runners to elite, this class is for all levels. The intervals are great for getting your heart rate up, burning more calories in the workout, and increasing your metabolism to burn more calories throughout the whole day.	*	*		*
Turbo Kickbox	Join this choreographed kickboxing class inspired by Dance, Tae Kwon Do, Capoeira, Tai Chi, Boxing and Funk! Enhance your dance moves with the latest music - and burn some serious calories while you're at it!	*	*	*	*
Vital Spin	This traditional Spin class offers a non-impact, highly effective way to build cardiovascular strength and endurance. This class provides the perfect mix of hard work and great fun - while burning up those calories too!	*			
willPower & grace	WillPower is the ability to create change using the power of your mind. Grace is how you land on your feet. This is a mindful, energetic cardio mosaic of postures, drills and principles. We integrate barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. In time you will stand taller, walk with greater confidence and move with integrity.	*	*	*	*
Zumba	The Latin Word Zumba, which means, "to move fast and have fun!" - represents a dance-fitness workout that is full of spice and zest. This popular cardio party offers a combination of Latin rhythms and international dance steps for a fun-loving, calorie-burning, mood swing in the right direction!	*		*	