FIT Schedule Class Descriptions

**Barre Flow** (Limited to 30 spots)
- Full body workout that fuses the best elements of ballet
- Strengthens, lengthens, and stretches you from top to bottom

**Boot Camp** (Limited to 30 spots)
- Improve strength, agility, and balance
- Use circuit conditioning with variety of equipment

**Candlelight Yoga** (Limited to 50 spots)
- Increase strength, flexibility, balance that flows like a dance
- Focuses on proper alignment and gradual progression, safe for all levels
- Uses candles around the room for a more relaxed ambience

**Cycling** (Limited to 14 spots)
- Improve cardiovascular endurance using stationary bikes
- Designed for all fitness levels

**Gentle Yoga/Pilates**
- An introduction class
- Improves core strength, posture, balance, joint mobility, stamina, etc.

**Get Pumped** (Limited to 22 spots)
- Focuses on a total body workout for all of the major muscle groups
- Use steps, body bars, and dumbbells

**Glutes Xpress**
- Learn to engage and strengthen your glutes, one of the largest muscle groups in the body, resulting in greater stability and athletic performance

**hardCORE** (Limited to 40 spots)
- Improve core (abs and back) strength
- Uses a variety of equipment

**HIIT/TRX®**
- High Intensity Interval Training and TRX® Suspension Training for a total body workout using cardio exercises and gravity against your own body weight for strength, balance, flexibility, core

**Kickboxing Bags** (Limited to 25 spots)
- Develop strength, flexibility, and stamina utilizing a heavy bag
- Hand protection is required

**Pilates**
- Focus on breath and movement
- Improves core strength, posture, balance, joint mobility, stamina, etc.

**PiYo®**
- Continuous movements combining Pilates, Yoga, dance stretch
- Develops strength and flexibility

**Strength Training** (Limited to 30 spots)
- Burn fat and build muscle
- Use TRX®, dumbbells, resistance bands, bars and balls

**Tabata Boot Camp** (limited to 22 spots)
- HIIT using the 20-10 Microburst Training Protocol

**TRX®** (Limited to 22 spots)
- TRX® Suspension Training is a total body workout using gravity against your own body weight for strength, balance, flexibility, core

**Tai Chi**
- Exercise and relaxation practice for health and longevity
- Safe for all fitness levels

**Yoga** (Limited to 50 spots)
- Classical Yoga poses to develop physical health, strength, flexibility, balance, and state of mind
- Can accommodate beginners through advanced as the instructor shows various levels for each exercise

**Zumba®/Hip Hop**
- A fusion of dance and hypnotic hip hop and International rhythms
- A dynamic and high energy cardio fitness class

**“Xpress” Classes**
- 30 min. Class of which it is named