

FIT Schedule Class Descriptions

Aqua FIT

- A total body workout using various equipment at a moderate intensity in the water

Aqua HIIT

- Short bursts of high intensity cardio and strength intervals with recovery in the water

Barre Flow (Limited to 30 spots)

- Full body workout, fusing the best elements of ballet with cardio, strength, and core work
- Strengthens, lengthens, and stretches the body from top to bottom

Bells and Balls (Limited to 30 spots)

- Utilizing Kettlebells, medicine balls and stability balls for total body strength
- Learn correct form and technique using the various types of equipment

Boot Camp (Limited to 30 spots)

- Improve strength, agility, cardio, and balance
- Circuit format using a variety of equipment

Butts and Guts (Limited to 35 spots)

- Designed to strengthen the glutes, one of the largest muscle groups in the body
- Build the core muscles, resulting in greater stability and athletic performance

Cardio/Strength HIIT (Limited to 30 spots)

- Total body workout using various types of HIIT interval times with cardio and strength exercises
- Circuit format using a variety of equipment and body weight movements

Cycling (Limited to 20 spots)

- Improve cardiovascular endurance using stationary bikes
- Designed for all fitness levels

Dance! (Limited to 60 spots)

- A dynamic and high energy dance cardio fitness class

Shallow/Deep Water Aerobics

- A total body workout using gyros, dumbbells, noodles, and more in deep or shallow water for all fitness levels

Gentle Yoga

- An introductory class great for beginners, or those with joint pain or mobility issues
- Improves core strength, posture, balance, joint mobility, stamina, etc.

Glow Barre (Limited to 30 spots)

- Barre class focusing on creating balance in the body and improving functional strength
- No need to be a dancer; this class is for all fitness levels

Glow Yo (Limited to 50 spots)

- A faster paced flow yoga class to develop strength, flexibility, balance, and endurance
- Previous yoga experience recommended

HIIT Boot Camp (Limited to 30 spots)

- Improve strength, agility, cardio, and balance through high intensity exercises
- Circuit format using a variety of equipment

HIIT with Yoga (Limited to 30 spots)

- High intensity interval training combined with yoga during the active recovery phase
- Will use minimal equipment such as body weight, dumbbells, bands, and medicine balls

HIIT Yo (Limited to 30 spots)

- High intensity interval training combined with PiYo®
- Incorporates equipment such as dumbbells, bands, and glides

H2O Low

- A total body workout using various equipment in the water
- Lower intensity challenge great for all fitness levels

Integrative Yoga (Limited to 50 spots)

- Yoga incorporated with additional exercise forms to enhance flexibility, neuromuscular functioning, and connective tissue health
- Enhance overall organization in movement by focusing on the mind-body connection

Kickboxing Bags (Limited to 25 spots)

- Develop strength, flexibility, and stamina utilizing a heavy bag
- Hand protection is required

Pilates (Limited to 50 spots)

- Focus on breath and movement
- Improves core strength, posture, balance, joint mobility, and stamina

PiYo® (Limited to 30 spots)

- A fast-paced, choreographed class combining Pilates and Yoga moves.
- Develops strength, endurance, and flexibility

Recovery (Limited to 30 spots)

- Enhance muscle repair and flexibility with stretching and myofascial release
- Utilize stretching and active movement with foam rollers and stretch straps

Slow Flow Glow Yo (Yoga) (Limited to 50 spots)

- Increases strength, flexibility, and balance; improves state of mind
- Special focus on restorative poses and stress reduction
- Appropriate for all levels, including those new to yoga
- Incorporates soft lighting to provide a calm and relaxing atmosphere

Shallow Challenge

- Shallow water cardio and strength challenge using a variety of equipment and formats

Strength (Limited to 30 spots)

- Burn fat, build muscular strength and endurance
- Use TRX®, dumbbells, resistance bands, bars, balls, and kettlebells

Strength & Recovery (Limited to 30 spots)

- Burn fat, build muscular strength, and endurance using various equipment and body weight
- Includes an emphasis on stretching and stress reduction/relaxation at the end of class

TRX®/HIIT (Limited to 30 spots)

- High Intensity Interval Training and TRX® Suspension Training for a total body workout
- Uses a wide variety of equipment to improve cardio, strength, fat loss, and endurance

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 provides various levels for each exercise

Zumba® (Limited to 60 spots)

- A fusion of dance, hip hop, and hypnotic International rhythms

15-15-15 (Limited to 30 spots)

- 15 minutes each of HIIT cardio, strength, and stretching
- Uses equipment such as stability balls and bands in addition to body weight

Class Key



Class uses lighting choreographed to the music to enhance the experience. May not be suited for individuals with light sensitivity or seizure disorder.



Class uses the Heart Zones System to track heart rate intensity to provide instant feedback and monitor progress over time.

A limited number of devices are available for checkout at the equipment desk.

Xpress – An abbreviated version of the class after which it is named.

Please warm-up prior to attending any Xpress class.

***Please arrive to class 5 minutes early to check in and set up equipment.**