



# CLASS DESCRIPTIONS

## Vinyasa Yoga

*Designed for both experienced and beginners, a flow of movement from one posture to the next creates a relaxed atmosphere for the body and mind.*

## Total Body Conditioning

*A bootcamp style class that mixes calisthenics and body weight exercises in a way that challenges the participants to take their fitness to the next level. This class may include; HIIT, plyometrics, strength exercises, and more.*

## Circuit 60

*Strengthen, stabilize, and tone with this challenging 60-minute class. Exercises focus on circuit training to strengthen and tone target areas.*

## TRX Suspension

*A specialty class that utilizes a TRX suspension trainer with the participant's bodyweight. All exercises are functional and designed to increase strength, challenge endurance, and provide stability. A great way to challenge yourself, while being in complete control of your intensity.*

## H.I.I.T. Impulse

*High intensity interval training, short duration of high intensity exercises. Designed to challenge and improve strength and cardio endurance.*

## Dynamic Mobility

*This class is designed to increase flexibility and mobility in tight muscles and joints. Range of motion exercises and dynamic stretching are used to target specific areas.*