GROUP EXERCISE
SUMMER SESSION I
SCHEDULE / MAY 28 - JULY 5

CLASS DESCRIPTIONS

**20/20/20** is a 20-minute cardio segment, followed by a 20-minute strength segment and 20-minute core segment, for a fast-paced workout! Expect medium choreography and lots of variety!

**BOOT CAMP** is a challenging workout that uses a variety of cardio, strength training, plyometrics, TABATA training, circuits, stations, calisthenics, and bodyweight exercises to create the ultimate total body workout.

**DEEP WATER FITNESS** is a high-energy aqua class with low impact moves. Deep Water Fitness uses the pool to get a great workout without having to swim laps. Tread water, do drills, and use water weights to work your body and gain more muscular endurance and strength. This class is challenging, but accommodating for all fitness levels!

**HIIT CYCLE** Instructors will lead you through this 30 minute high intensity spin interval training class under the black lights in Spin City! In this class you will sprint faster on a bike than you ever have before and will be dripping sweat from beginning till end.

**PILATES** will help focus on your spine while strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class!

**VINYASA YOGA** is a beginner class that introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration.

**TOTAL BODY STRENGTH** Challenge yourself to this workout that incorporates free weights, plyometrics, and an assortment of equipment for a unique combination of exercises and drills to strengthen and tone your full body. This class is similar to BODYPUMP in that it is a total body workout with high reps and low weights; but, each class is a surprise filled with new exercises that you won’t expect coming! This class is sure to get your heart racing while strengthening your entire body!