

# GROUP FITNESS CLASS DESCRIPTIONS *All Fitness Levels Welcome!*

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**BodyPump/Les Mills** - This athletic based workout uses barbells with adjustable weights to work every major muscle group in the body.

**Circuit Training** - This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

**Cycle: Ride-Strong** - Improve your functional power, build strength and crush those calories as we journey together through mountainous terrain, flat sprints and tempo ride in this cycle simulation class. Whether you are a seasoned rider or a new cyclist this class will boost your endurance so you can ride strong.

**Cycle: Ride & Shine** - Energize your ride - Join us for feel good music that motivates you to optimize Tabata, endurance drills and boost your well-being.

**Dynamic Stretch** - Designed to stretch out the entire body. Some classes are entirely on the mat while others will incorporate standing poses. Learning to breath into a stretch and hold the pose for three to five seconds will bring maximum benefits.

**Functional Strength** - A class utilizing hand weights, resistance bands, loops and foam rollers to increase your strength and flexibility. A full-body workout emphasizing core strength and stability to help you perform activities in everyday life more easily.

**H.I.I.T. Kickboxing** - Intense interval training combined with explosive kickboxing moves, to deliver dramatic changes and rapid results.

**KINSTRETCH** - A movement enhancement system that develops maximum body control, flexibility and usable ranges of motion.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout.

**Mat Pilates** - A dynamic, total body workout featuring classical Pilates exercises. You'll strengthen your core, tone your arms and thighs, and flatten your abs.

**Mindful Flow Yoga** - A gentle practice beginning with meditation and breathing techniques. Slowly progressing into mat work to open the body, and then shifting into balance and flow. Classes will come to a close in savasana pose. Students are encouraged to listen to their bodies and work at their own level.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Super Sculpt** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. Work hard and have fun.

**TRX Strength & Conditioning** - Suspension training with additional exercise modalities to develop strength, balance, flexibility, and core stability simultaneously, while adding cardiovascular efforts to condition endurance and stamina. Get stronger, lose weight and overcome training plateaus.

**TRX Tone & Flow** - A style of Power Yoga that leverages the TRX Suspension Trainer to enhance & assist your practice. You will coordinate movements with breath, while challenging your strength, mobility, and balance.

**TRX Total Body Strength\*\*** - Suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Get stronger, lose weight and overcome training plateaus. To register, visit [BreaRec.com](http://BreaRec.com).

**Vinyasa Flow Yoga** - This style connects the breath with the movement as it quickly builds heat in the body. Vinyasa means "transition" as one position melts into another. This flow is designed to work on both strength and flexibility. Students are encouraged to listen to their bodies and work at their own level.

**Yin Yoga** - This slower practice of yoga focuses on the inner body & joints. Using fewer positions, and often seated or lower to the mat, this class will help with hip, pelvis, thighs and lower spine flexibility and alignment. So hold that pose and center your breathing, because Yin yoga will support your breath and help you explore greater mobility.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party.