

East Central Class Descriptions

Boot Camp - A high intensity circuit workout focusing primarily on functional movements & interval training. No previous experience required, and all fitness levels are welcome...but get ready to sweat!

Boot Camp Express - A shorter version of our popular Boot Camp class! It's a high intensity circuit workout focusing primarily on functional movements & interval training. No previous experience required, & all fitness levels are welcome...but, get ready to sweat!

FitLife - Wonderful for seniors, beginners, pre/post natal, those recovering from an injury or someone who would just like a light cardio workout, followed with light resistance training.

Gentle Yoga - Light yoga classes designed for releasing tension. Gentle, static poses stretch & open the body while relaxing the mind. Yoga props, like blocks, blankets & chairs, may be used to assist balance & deepening stretches.

Group Active - This class is perfect whether you are new to exercise or an active individual who is super busy & needs to get it all - cardio, strength, balance and flexibility - in one hour. Get stronger, fitter & healthier with inspiring music, adjustable dumbbells, weight plates, body weight & simple athletic movements. **ACTIVATE YOUR LIFE!** Getting Started

Group Blast - **BLAST OFF** your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding & sweat pouring as you improve your fitness, agility, coordination, & strength with exciting music & group energy. Getting Started

Group Centergy - Redefine yourself with Group Centergy. Grow longer & stronger as you explore this 60 minute journey of yoga & Pilates movements. Positive uplifting music, group dynamics & supportive instructors will enable you to center your energy, reduce stress & even smile. Discover Group Centergy! Getting Started

Group Fight - Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!** Getting Started

Group Power - Group Power® maximizes your workout results with one hour of cutting-edge strength training! Get muscle strong and movement strong when you combine traditional strength training with functional exercises and the revolutionary science of Loaded Movement Training, using an adjustable barbell, body weight, and heart-pounding music. **POWER UP!** Getting Started

Pilates Fusion - A traditional Pilates exercise combined with resistance training for a more advanced workout!

R-30 - Get fitter in only 30 minutes with R30! It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Inspiring music and motivating coaches ensure that Everyone Finishes First! Getting Started

Zumba - This class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.