

Leavenworth 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!

Cardio Intervals Express - A 30 minute version of the Cardio Intervals class!

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.

G-Cycle - Designed to challenge the outdoor as well as the studio cycling enthusiast. Uses both rhythmic and athletic drills of various duration and intensity for an excellent workout. First time participants should arrive 10 minutes prior to class for bike fitting.

G-Cycle Express - A shorter version of the 55-minute G-Cycle class! To get you on to your next destination!

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.

Gentle Yoga Express -

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 Core - Trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, & give you ripped abs! Expert coaching & motivating music will guide you through functional & integrated exercises using your body weight, weight plates, a towel & a platform-all to challenge you like never before! **HARD CORE!**

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**

Group Ride - Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! **Getting Started**

PIYO - Our traditional PiYo class blending Pilates & yoga modified to a beginner level. You will be working on strength and flexibility while being shown modifications along the way.

PIYO Express -

Power Splash - This advanced water workout class features a more intense cardio work out than our regular classes. Strength training is emphasized with the use of resistance equipment, such as paddles and bands.

Step Interval - A multi-level, cardio-conditioning class with strength and/or aerobic intervals using the step.

Yoga Burn - This full-body workout is guaranteed to get your heart rate up and make you sweat. Anything goes as we fuse yoga with Pilates, strength training, resistance work, and cardio activity. This body sculpting workout focuses on flexibility, breathing, toning, lengthening, and fat burning.

Yoga Flow - Sun salutations that emphasize strength and flexibility are the foundation of this class. A series of poses connect and flow, work the body to the core, while stretching muscles and opening joints. The advanced beginner and intermediate student will enjoy a unique experience with each class.

Yoga Flow 75 - The 75 minute version of our popular Yoga Flow class.

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.

Zumba 75 - A longer version of the Zumba class!

Zumba Gold - Designed for the active older adult, the true beginner and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a lower intensity than the original. Gold classes strive to improve our balance, strength, flexibility, and most importantly, the heart.