



DANCE/CARDIO

CARDIO KICKBOXING

Bringing a fusion of boxing, martial arts, and aerobics usually done rhythmically to music. Offering a cross-training, total body workout that utilizes the training routines by combat athletes in martial arts, boxing, and kickboxing.

DANCE CLUB CARDIO

A party for the heart, mind, body, and soul. Easy to follow choreography combined with the hottest dance club music, it's sure to become your next class addiction.

FIRESTARTER

Think 30 minutes isn't enough time to get a killer workout? Think again. Cardio HIIT training using lightning-fast intervals. A complete cardio challenge that demands everything you've got and incinerates your goals in 30 flat.

HIGH FITNESS

High fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music love and intense yet easy to follow choreography.

RUNNER'S EDGE

This class is designed to increase speed and power through precisely designed balanced intervals. Come prepared to work at your aerobic edge with sustainable energy and mental focus strategies. (BRING HEADPHONES or purchase in the club.)

ZUMBA

Zumba is a fusion of Latin and International music and dance that creates a FUN, dynamic and effective fitness system. "Don't try Zumba unless you plan on doing it for life!"



Class Descriptions

FUNCTIONAL FITNESS/STRENGTH

AB LAB

This 30-minute class will develop your core strength, balance, flexibility and posture. If you have a strong core, you can better build & strengthen the rest of your body!

ARMED & DANGEROUS (30 MIN)

Shape and define specific upper body muscles using a variety of equipment. Targeting shoulders & triceps or back & biceps.

CARDIO CORE (45 MIN)

High intensity cardio alternated with segments of core work. Burn calories while strengthening the midsection of the body.

DAVE'S STRENGTH CLASS

Get a full body strength workout each week in 2 classes. Monday: chest, back, legs. Thursday: shoulders, biceps/tricep and glutes.

METCON

A fast paced high-intensity workout incorporating 15 - 50 second exercises with 10 seconds of recovery. The circuit will be repeated 3 times to challenge your inner will power.

METZEN

Looking for change? This challenging workout will push your strength and your power to ignite body composition changes. After 40 minutes of intensity you'll benefit from 20 minutes of yoga inspired recovery and stretch.

OVERDRIVE

This workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PURE STRENGTH

This total body strength class will challenge every major muscle group, increase lean tissue, fire up your metabolism and increase your overall strength. What more could you ask for?

ROCK BOTTOM

30 minutes devoted to firing up your glutes and building a better backside.

TRIPLE THREAT

Treadmills, rowers and weights. This heart-rate training class combines high intensity cardiovascular interval training with muscular strength and endurance training. Burn fat, create definition in your total body and increase your lean muscle mass and improve your overall strength.

UNDERGROUND: KB

A total body class alternating kettlebell strength exercises and cardio segments. The combination of the two will leave you sweating for more! **DISCLAIMER:** This class features loud music that may contain PG-13 lyrics.



FUNCTIONAL FITNESS/STRENGTH (CONTINUED.)

WHIPPED

Give us 30 minutes and we will WHIP you into shape. It's a decision you won't regret! A strength and cardio class utilizing weighted ropes. Class limited to 10 participants.

XTREME!

Training to the max! This class incorporates TRX, rip trainers, slam bells, ply boxes and more to create a circuit that challenges your strength, endurance, power, and will. For those that want to change their bodies...train Xtreme!

CYCLE

CYCLE (60)

Strength, speed, endurance, POWER, this class has it all. Our expert instructors will guide you through various terrains and training zones to maximize your caloric burn, and increase your overall fitness level.

CYCLE TONE

Heart pumping music, cycling drills, and segments of upper body toning will leave you with a total body class in 45 minutes.

POWER 45

A 45 minute indoor cycling class that uses wattage, rpm, and heart rate to keep your workout effective.

RHYTHM RIDE

During this cycling class you will find your heart pounding to the music as the beat leads you through hills, drills, and thrills. Great for any level!

BODYBEAT CYCLE (50 MIN)

Music is the mantra in this total body cycling workout which incorporates strength training, core, and cardio. The instructor will have you moving to the beat of the music so your body remains engaged. Unlike traditional cycling classes these added movements will work your upper body all while your lower body continuously cycles. The result is a calorie-torching, body toning workout that feels like a dance club. **DISCLAIMER:** This class features loud music & music videos that may contain PG-13 material.

YOGA

What happens when you incorporate yoga, kettlebells and cardio intervals with pumping music in a heated room? You find inner strength, determination and reset your physical and mental boundaries. Experience it once and you are destined to come back for more!

GENTLE YOGA

An all level class for those who need extra variation in their practice. Class will provide options, slower movements, support and stretch. Gently stretching the muscles while focusing on breath brings stress relief to the mind and restores the body. 80°

HIT YOGA

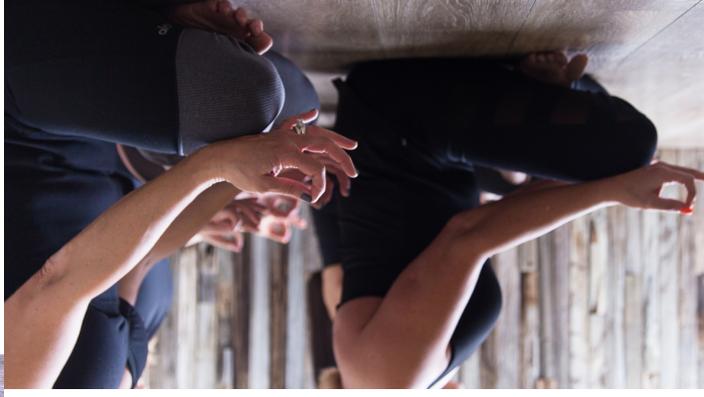
Increase metabolism for 48 hours by alternating short work intervals and active rest segments using body weight and minimal equipment. This full body 45 minute class is a chiseling, fat burning workout with a feel-good warm up and cool down mostly emphasizing on 30 minutes of timed high intensity barefoot strength and HIT intervals. 85°

PILATES/YOGA FUSION

Combines the best of both practices. Utilizing flow and flexibility from yoga while incorporating core strengthening from Pilates. This class is great for beginners and advanced students. Heat will enhance flexibility. 80°

RESTORATIVE YOGA

Allows the practitioner to indulge in an array of relaxation postures to achieve a calm and focus mind. Students find stillness, recovery, & rejuvenation while utilizing several props to reach a deep relaxation. Students will notice an increased calmness and patience in their daily routines. 80°



Roots mind body studio

YOGA (Continued.)

YOGA FLOW

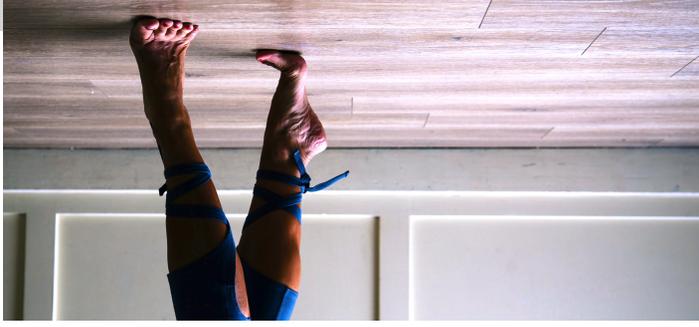
Open to all, new students through advanced flow and movement classes. Instructor will offer modifications throughout the class so students can increase or decrease intensity. Helps build strength, flexibility and find focus. 80-85°

YOGA FLOW 2

An intermediate/advanced Yoga practice with breath to movement flow. Advanced poses are introduced with appropriate modifications. Find strength and freedom to explore the progression offered, or stay in your zen and do what feels right for you. Heated to allow your muscles to move more freely and deeply in poses. This is a vigorous class but is accessible for all levels. 85-90°

YOGA STRENGTH

A fun mix of beginner yoga postures with light weights to intensify the poses, high-rep strength training and cardio interval options. Set to upbeat music, this class will sculpt and define your muscles, boost your metabolism and push your strength and flexibility to new heights all while maintaining a confident and powerful mind body connection. 85 degrees.



BARRE BURN

This total-body class tones your arms, tightens your thighs, lifts your seat and strengthens your core. Utilizing changes in rhythm and range of motion, this class gives your muscles maximum time under tension for maximum results. No dancing, no jumping.

RAISING THE BARRE

A high-energy, barefoot workout that will strengthen, sculpt and elongate your entire body. This choreographed class incorporates ballet, but-burning exercises and light weight lifting. Choreography changes every 6 weeks.

RELIEVE BLAST

Cardio intervals using ballet movements alternated with high repetition toning exercises, ending with an ab blast and stretching. 80 degrees



PILATES

HEATED PILATES

A challenging full body heated class focused on Pilates principles. This no impact class will strengthen and tone muscles, increase flexibility, and improve overall health, 80-85 degrees.

MAT PILATES

Reap the benefits of an evenly conditioned body, strong core, long/lean muscles and enhanced flexibility. Pilates transforms the body inside and out.

ON THE BALL

Challenge your stability and balance while creating impressive core strength in this class that incorporates the use of 3 different sized balls and combines Pilates core exercises with overall body sculpting.

PILATES/YOGA FUSION

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