

CARDIO CLASSES

- **Cardio Kickboxing:** Integrate punches, kicks, blocks and combinations into this high intensity cardiovascular workout!
- **Cardio Shred:** Take on high intensity interval training designed to shred loads of calories!
- **HIIT The BOSU:** Calorie crushing fast paced drills, body sculpting and power pulsing movements utilizing the BOSU!
- **Step Express:** Step up your workout with 45 minutes of step power moves and choreography to get your heart pumping! Traditional step moves will be taught as well as high-energy, short interval bursts to maximize your results.

CYCLING CLASSES

- **Cycle Burn:** Experience the burn of cycling drills! Take on cardiovascular conditioning with an interval-driven workout. SRC Members Only; spots are limited.
- **Cycle Jam:** Hills, sprints, intervals, OH MY! This indoor cycling class is designed with music in mind to test your fitness, pushing you to the next level! SRC Members Only; spots are limited.
- **Cycle Yoga (Yoga Ride):** This hour long class pairs indoor cycling's intense, calorie-bursting cardio workout with the energizing and relaxing elements of yoga. Feel free to join for a bike ride, and/or stay for a deep stretch. SRC Members Only; spots are limited.

CARDIO DANCE CLASSES

- **Barre Fusion:** Take on a low-impact, high intensity workout that transcends from classical Ballet, Yoga, and Pilates! This introduction to the barre format class is designed for all fitness levels to strengthen muscles, enhance balance, improve posture, and increase flexibility through a fun and functional fitness experience.
- **Dance Fusion:** This class is not your average one-genre dance class. Infused with music from Latin and International to Hip Hop and Pop, this class focuses on movements that are big, explosive, energetic, and full out. Dance to popular songs, and spice things up by completing boot-camp inspired exercises for an effective and challenging workout.
- **SoulBody Barre:** SoulBody Barre is a mindfully intense workout that utilizes various equipment pieces for a great total body workout. With elements of Barre, Yoga and Pilates, this class will strengthen and tone your muscles, while helping you to gain better posture. SRC Members Only, spots are limited.
- **SoulBody Barre "Unhitched":** SoulBody Barre "Unhitched" is that same great Barre-Yoga-Pilates fusion class, without the ballet barre! Utilizing other pieces of equipment, this class will strengthen and tone your muscles, while helping you to gain better posture. SRC Members Only, spots are limited.
- **U-Jam®:** U-Jam Fitness® is an athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat -- all while having FUN!
- **Zumba®:** Get your body moving with this Latin-inspired workout! Fun and easy to do moves will get your heart pumping. Dance your way to a fitter you!

FUSION CLASSES

- **Athletic Conditioning:** The ultimate cross-training workout that combines functional movements and athletic drills. Let your instructor challenge you to become stronger, faster, and more powerful! SRC Members Only; spots are limited.
- **Circuit Row:** Row and circuit train in this strength training and cardio fusion class.
- **HIIT Fusion:** Calorie crushing fast paced drills, body sculpting movements, and power pulsing mind/body programming.
- **Pop Pilates:** This choreography-driven, ab-sculpting, core strengthening program puts a new spin on Pilates. With a creative elements of cardio, strength, and upbeat tunes, your workout will have you dancing on the mat throughout the entire class!
- **SoulBody Power:** Using just a yoga mat, SoulBody Power challenges you with high-intensity interval training fused with Barre-Pilates-Yoga elements.
- **STRONG by Zumba®:** This program developed by Zumba incorporates HIIT, kickboxing, and toning movements into one! Become STRONG after this 1-hour intense cardio workout. Bring water and a towel, and be ready to sweat!
- **TRX Fusion:** Born in the Navy SEALs, the TRX Suspension Trainer leverages gravity and the user's bodyweight to develop strength, balance, flexibility, and core stability. Used simultaneously with assistance of other workout elements, this class provides a real total body test. SRC Members Only; spots are limited.

- **Yoga Row:** Rejuvenate yourself with rowing and a Yoga-infused workout. Sweat, stretch, and refresh! SRC Members Only; spots are limited.

TONING CLASSES

- **Abs and Glutes:** It's the total core and glutes workout! This class focuses on functional abdominal work & lower body exercises!
- **Tighten N' Tone:** Spring clean your exercise routine! This class will tighten and tone all the right muscles, as each week will provide new movements and challenges.
- **Total Body Toning:** Looking for a fun, challenging workout that will define your muscles and balance your physique? This highly efficient, full body workout will define and strengthen your muscles by constantly challenging your body using different workout modalities.

MIND/BODY CLASSES

- **Move into Stillness:** Practice stillness by integrating mind and body awareness through guided meditation and optimal alignment. With a changing sequence of movement and breaths, this 45 minute class weaves various themes to expand and shift your perspective as your day progresses on and off the mat.
- **Pilates Fusion:** This mixed-level Pilates class utilizes different equipment to provide whole body toning movements.
- **Restore & Reset:** Reset the mind-body connection through body awareness and restoration. Evolve with seated and standing postures, breath work and meditation to begin a new week feeling well and grounded.

- **Yoga:** Each of our Yoga instructors has specialized in a different form of yoga. Our available styles include:
- **Hatha Yoga:** Hatha yoga is a path toward creating balance and uniting opposites. Develop a balance of strength and flexibility while learning to balance your effort and surrender in each pose. Bring your attention to your breath, which helps to still the fluctuations of the mind and be more present in the unfolding of each moment.
- **Iyengar Yoga:** Created by B.K.S. Iyengar, this yoga class focuses on the structural alignment of the physical body through the development of asanas. It aims to unite the body, mind, and spirit for health and well-being. Iyengar Yoga is characterized by great attention to detail, and the use of props such as blocks or chairs to allow beginners and experienced practitioners to find the essence of the pose.
- **Pranakriya Yoga:** Wake your body up with Pranakriya! Each class is designed to include energizing breath work and postures that will stretch skeletal muscles, strengthen the body and encourage a sense of openness students can carry with them throughout the day.
- **Vinyasa Yoga:** Vinyasa yoga connects the breath and movement through a flow of postures. It is a mindful practice designed to calm the mind and open the body, followed by targeted stretches designed to increase flexibility and release tension.
- **Yoga Clinic*:** Each week, the FitWell Yoga instructors will lead a rejuvenating workshop, focused on breath and body awareness from head to toe. The 4-week clinic is meant for all fitness levels and abilities, with the use of supportive props, press-point assists and gentle touch adjustments to aid in opening more deeply to recovery and relaxation. *This class requires an additional fee.
- **Yoga Fit:** A fitness-inspired yoga program designed to build strength and flexibility. This class is meant for every-body; various options are given, providing flow through simple and tough poses.

Class schedule will vary per quarter, depending on instructor availability.