



Group Exercise Class Descriptions

Athletic Conditioning (60 min.)

A cardio-based, high energy workout designed to provide non-stop athletic conditioning of a variety of muscle groups. Join in this fun workout that combines strength and agility drills in a motivating, fast-paced environment.

Barre (60 min.)

Fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights or tubing. The ballet barre is used to sculpt the lower body, abs and for flexibility training. You use your own body weight as resistance to build long, lean muscles!

BodyPump (55 min, Express 45mins)

For anyone looking to get lean, toned, and fit-fast. Using light to moderate weights with lots of repetition. This gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques while pumping out encouragement, motivation, and great music. You'll leave the class feeling challenged, motivated, ready to come back for more.

TFE Cardio (30 min.)

A high-intensity workout that incorporates light weights, battle ropes, med balls, and a variety of equipment and bodyweight exercises to get your heart-rate up and shed fat FAST! Cardio doesn't have to be boring and time-consuming; pair this class with your weight-training for a fat-burning, endorphin-releasing workout!

TFE Cardio and Core (45 min.)

Break a sweat with 30 minutes of HIIT and low-impact cardio, followed by 15 minutes of core and resistance band training for full-body toning!

Core to Cool: (25 min.)

Exercises that focus from the abdominals out. You will work with resistance tubes, weight plates, and body weight exercises while moving through exercise that focus on engaging your mid-section first to generate movement. The second half of class will focus on stretching frequently-used muscles in your workouts.

CRUSH Cycle (50 min.)

Crush Cycle is an indoor cycling experience that focuses on sculpting both the upper and lower body while moving to the rhythm of the best dance music.

CXWORX (30 min.)

CXWORX is an intense core-training workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilizes your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength.

Cycle (30,45, 60 min.)

Training on a stationary Coach by Color bike that gets your heart pumping at your own personal level. These bikes calibrate to you so you work at your personal best! Classes combine endurance and interval training with sprints, flat roads, climbs, and a whole lot more. Several classes feature videos that take you through an actual on- road biking experience!

Cycle/Strength (60 min.)

Enjoy a calorie-blasting, heart-pumping ride with our Cycle instructor for 30 minutes, followed by approx. 30 minutes of full-body weight-training. This is the ultimate full-body workout, challenging your cardio and muscular endurance!

GRIT Series (30 min.)

High-intensity interval training workouts that will increase your aerobic capacity and accelerate fat burning while building strength, muscular endurance, and power. With every workout, you'll work more muscle tissue and keep calories burning for hours longer than traditional training.

H.I.I.T Ride 45 (45 min.)

This cycle class has five sections -each include a heavy resistance climb with intervals and sprint intervals. Torch serious calories and ride to inspiring music with this high intensity class!

H.I.I.T the Glutes (30 mins, 60 min.)

This lower body and core-focused class is the perfect balance of toning, strength-training, and cardio to build the ultimate lower body. Although the glutes are the main focus, participants will strengthen all parts of their legs and core with a mix of high/low repetitions and weights, in addition to plyometrics, mini-bands, and bodyweight exercises. Learn how to perform variations of squats, deadlifts, lunges, hip thrusts, and more to activate your entire lower half.

Leg Day (60 min.)

Trim, tone, and strengthen your entire lower body with expert coaches as you use barbells, free weights, resistance bands, and body weight to work the biggest muscles in your body! The class features strength-training circuits with short intervals of cardio, plyometrics, and core work. This class is for all levels of fitness, with both high intensity and low-impact options.

Pilates (55 min.)

Pilates is the art of controlled movements, which should look and feel like a workout when properly manifested. If practiced with consistency, it improves flexibility, builds strength, and develops control and endurance in entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. It allows for different exercises to be modified in range of difficulty from beginner to advanced. Intensity can be increased over time as the body conditions and adapts to the exercises.

PiYo (55min.)

PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up, including your results, by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

POP Pilates (45 min.)

A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat, with a Pilates workout synced to today's top 40 hits.

Slow Flow Yoga (60 min.)

Slowing down a traditional vinyasa yoga class allows space to focus on alignment, breath, and mindful movement. Slow Flow Yoga is an excellent class if you are new to yoga, recovering from an injury, or just want to get back to basics. Optional vinyasa transitions, along with an emphasis on safe modifications, make it easy to adapt this practice to meet your personal needs.

TFE STRONG (60 min.)

This is a full-body workout that focuses on the fundamentals of functional, power, and endurance strength training. It features a circuit training format and has participants working in partners and small groups to achieve their strength goals! While the class focuses mainly on weight training through the use of free weights, resistance bands, barbells, and more to engage every muscle, it also includes short intervals of cardio and core work.

Triple Threat (30 min.)

This class meets in our Functional Training room! This 30-minute HIIT class hits all components of fitness training- muscular strength, power, and cardiovascular endurance. Work every part of your body and elevate that heart rate to torch serious calories in a short period of time!

Vinyasa Yoga (B) (55 min.)

Learn the basics of the Vinyasa yoga practice that combines breath with movement, resulting in a flowing and mindful practice that stretches and strengthens to bring balance to body and mind.

PowerYoga (55 min.)

This dynamic practice flows through series of poses to build strength, balance, and flexibility. Sequences change from class to class, keeping the practice fresh while still building experience in traditional yoga poses. Throughout class, breath and movement are linked, making mindful focus a key part of your practice.

YOGA Sculpt (55 min.)

The instructor will move with you, in a yoga inspired class, infused with strength and cardio training, that will be sure to add heat to your daily routine, while toning every muscle group.

Yoga for Athletes (45 min)

A full body, deep stretch class targeted towards muscle and fascia release. A great way to unwind from your workouts and build a deeper connection between mind and body. The use of props and hands on assists will be used to gain an even deeper release.

Zumba (55 min.)

Fun filled, energetic class that involves dance and fitness elements. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. Have FUN while getting FIT!!

Pound (45mins)

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Insanity (50 mins)

Insanity Workout Classes - Group X Fitness Class. **INSANITY** is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. ... The group-exercise adaptation of this workout has been designed to give participants a safe, challenging, and results-driven experience.

Kidz Classes (all in Mind/Body Studio): Ages 4-9**Kidz Zumba (30 min.)**

Get your little ones dancing and jumping for joy in the best dance party in Ashburn!

Kidz Yoga(30 min.)

Children work through a series of poses in a safe, soothing environment.

Kidz Bootcamp(30 min.)

Children perform a variety of bodyweight exercises and use light exercise equipment for a safe, fun workout!

For Class Updates, including substitutions and cancellations, check TFE Live on the TFE app, or call the Front Desk at 703-858-2200