

## Class Descriptions

### ***Mind Body Classes***

**Barre** - 30/45/60 MINUTES 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!

**Deep Stretch** - 30 MINUTES A class that allows you the time to deepen and breathe into your stretches. Using props like straps and blocks, Deep Stretch is the cool down your body needs to keep your muscles flexible, strong, and healthy.

**Hatha Yoga** - 60 MINUTES With a meditative pace, emphasizing peace and calm in body and mind, this practice will walk you through about half the number of poses you might practice in a Flow Yoga class. You will hold poses longer, taking several rounds of breath in each pose, instead of moving to each breath.

**Pilates** - 45 MINUTES 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 the entire body. It puts emphasis on alignment, breathing, developing a strong core, specifically pelvic floor muscles, 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.

**Pop Pilates** - 45 MINUTES Strength meets flexibility on the mat leaving your body toned and transformed. Experience a mix of modern and classical Pilates exercises all set to a heart-pumping playlist. Designed to be an equipment-free class, no muscle is left untouched!

**Pop Sculpt** - 45 MINUTES Pop Sculpt is a full-body sculpt class set to upbeat pop music, combining strength, toning, and low-impact cardio for a feel-good burn.

**Power Vinyasa** - 60 MINUTES Power Vinyasa is a strong flow combining continuous movement with intentional pauses to build heat, strength, and flexibility. Modifications are always offered.

**Power Yoga** - 60 MINUTES With an emphasis on the flow from one pose to the next, rather than approaching each pose separately, power yoga is faster paced with more intense poses while stretching and strengthening your body and balancing your breath and mind.

**Sculpt Burn** - 60 MINUTES Sculpt Burn is a low-impact, high-energy sculpt workout designed to strengthen and tone the entire body while keeping the burn steady and effective. Creative mobility and flexibility focuses on your secondary and tertiary muscles. Weights and other props are sometimes used for added resistance.

**Slow Flow Yoga** - 60 MINUTES Similar to flow yoga, Slow Flow Yoga takes the pace slower and focuses on every move with breathing and posture.

**Somatic Yoga** - 45 MINUTES A yoga practice that focuses on internal connection and mindful movement.

**TFE Mobility** - 45 MINUTES A total body stretch targeting all major muscle groups and movements, Recovery & Restore will combine base yoga movements along with dynamic and static stretches. This class will benefit people at all mobility levels with modifications as needed to ensure you are restored and ready to continue your fitness journey.

**Vinyasa Yoga** - 60 MINUTES Learn the basics of 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.

### ***Group Ex Classes***

**Abs & Assets** - 50 MINUTES Targeting Abs, Arms, and Glutes, this class will use weights, bands, a step, and bodyweight to focus on these specific muscle groups to strengthen and tone. Whether it's an endurance or power workout, you will leave knowing you obtained a specific and challenging workout.

**BodyAttack (Les Mills)**- 30 MINUTES BodyAttack is a commercial group-fitness sports inspired cardio workout program including some sports-derived movements, aimed primarily at developing cardiovascular fitness.

**Body Combat (Les Mills)** - 30 MINUTES A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness; no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**BodyPump (Les Mills)** - 45/ 55 MINUTES 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, and ready to come back for more.

**BodyPump HEAVY (Les Mills)** - 30 MINUTES BodyPump HEAVY is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns traditional weightlifting into a fun, social, and addictive experience.

**BollyX** - 60 MINUTES A Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world.

**Burn 45** - 45 MINUTES A high intensity, rhythmic class that focuses on cardio and strength training.

**Cardio Dance** - 60 MINUTES Cardio Dance is a feel-good cardio dance class combining easy-to-follow choreography with great music for a fun, effective workout-no dance experience required.

**Cardio Sculpt** - 30 MINUTES Uses weights, bands, and body weight in combination with frequent cardio exercises to sculpt muscles while torching calories.

**Circuit 60** - 60 MINUTES Circuit 60 is a 1-hour class that incorporates a challenging circuit fusion to warm up and cool down. The high intensity class will get your heart pumping fast and invigorate your muscles to higher challenges.

**Core** - 30 MINUTES Tone and strengthen your core with this 30 minute focused workout.

**Dance & Abs** - 60 MINUTES Dance & Abs class blends upbeat dance cardio with focused abdominal work for a total body burn that boosts endurance, coordination, and core strength.

**Fit Mix** - 60 MINUTES A dynamic, total body workout that blends toning and strengthening, boxing cardio, Bollywood and Zumba-style dancing, and line dancing into a fun, energizing mix!

**GRIT** - 30 MINUTES 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.

**HIIT** - 45 MINUTES HIIT class is short, intense intervals paired with recovery periods for a fast-paced workout that delivers maximum results in minimal time.

**HIRT** - 60 MINUTES High-intensity resistance training (often referred to as HIRT) combines strength and high-intensity training. In high-intensity interval training (HIIT), you move from one cardio exercise to the next with short rest breaks in between to maintain a high heart rate. High-intensity resistance training still focuses on high-intensity exercises, but there is an additional element of resistance to help strengthen and build lean muscle.

**Lift & Burn** - 60 MINUTES Lift heavier, move with purpose, and finish strong. Expect strength training combined with cardio to challenge endurance and build total-body strength.

**Lower Body Burn** - 30 MINUTES Lower Body Burn is a lower body workout that will strengthen your gluteus muscles, inside/outside thigh muscles through time. The class is built on specifically designed movements that will challenge you to a different level. Modifications will always be part of this class for those who need it.

**Strong Foundations** - 50 MINUTES Using barbells and dumbbells, this class focuses on fundamental weight lifting. Excellent for beginners who want to learn the correct form and anyone else who wants a targeted strength workout.

**TFE Cardio Strong** - 50 MINUTES Using a variety of equipment and both strength and cardio intervals, you will be challenged to improve cardio stamina and strength in a calorie burning, full body workout.

**TFE Cardio Strong Express** - 30 MINUTES An express version of our Cardio Strong class! Get a full body workout that fits into your lunch break.

**TFE Strong** - 50 MINUTES This is a full-body workout that focuses on the fundamentals of functional, power, and endurance strength training. 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.

**TFE Strong Express** - 30 MINUTES This is a full-body workout that focuses on the fundamentals of functional strength training. The class focuses mainly on weight training through the use of free weights and more to engage every muscle group. This class uses timed intervals so everyone can move at their own pace.

**Total Body Tone** - 35 MINUTES Come and tone your entire body with this workout including a mix of resistance and body weight moves to hit arms, abs and legs. Primarily focusing on circuit training with several variations, it will keep you and your body ready to rise to the next challenge.

**Total Core** - 30 MINUTES Total Core is a 30-minute-core focused class that pushes your limits to fine tune your abdominal muscles. Each class is designed to give you more control of your muscles using specific movements. Modifications will always be infused for those who need it.

**Zumba** - 60 MINUTES 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!

### ***Cycling Classes***

**Choreo Cycle** - 30 MINUTES Cycle class set to the hottest music with fun choreography on the bike. Challenge your body and mind with this high energy, fast paced class!

**Cycle Express/Cycle 30** - 30 MINUTES Efficiency meets hard work in a fast paced environment. Classes include a variety of interval training with sprints to fast-paced music and climbs focused on increasing strength. Push your pace and achieve fast results in this high-intensity inspired class!

**Hip Hop Cycle** - 45 MINUTES Fast paced cycle class set to hip hop music to keep your motivation high and your body working. Classes use interval training and high energy to torch calories and strengthen core and legs.

**Rhythm Riders** - 55 MINUTES A rhythm-based indoor cycling class that rides to the beat of the music, blending climbs, and sprints for a high-energy, full-body workout.

**TFE Cycle/Cycle 45** - 45 MINUTES 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.

**Upper Body Blast** - 30 MINUTES A targeted upper-body workout focusing on arms, shoulders, chest, and back to build strength, tone muscles, and improve posture.