

## Pilates:

- **Pilates Mat:** Vigorous flow of Classical Pilates mat exercises that will lengthen, strengthen, and sculpt your body.
- **Pilates Apparatus:** Workout on the Reformer, Tower, or Chair with spring resistance to build your core and stretch your body..
- **Pilates Reformer:** Reformer workout that will challenge your core, while stretching your body from the inside out.
- **Pilates Tower:** Tower workout that will build core strength and improve flexibility.

## Barre:

- **Vault Barre:** Total body barre workout inspired by Pilates and Ballet. Grip Socks required.
- **Vault Barre Stick:** Total body barre workout with a resistance stick designed to build strength. Grip Socks required.

## Yoga:

- **TRX Yoga:** Add TRX to your Vinyasa class to bring you deeper into pose. Release tension while improving strength and mobility.
- **Vinyasa Yoga:** An athletic approach to Yoga, combining flowing postures and sequences.
- **Yin Yoga:** A gentler class that increases flexibility and releases stiffness by holding seated or reclining postures for 2-5 minutes.

## Cardio:

- **Ride or Run:** Choose the bike or the treadmill for this interval training workout, followed by 10-20 minutes of strength training.
- **Ripped Ride:** A high energy non traditional cycling class that incorporates an upper body component with weights and bands.
- **Vibe Ride:** A high energy, music driven traditional cycling class.
- **Tread & Shred:** This interval workout combines 25 minutes of conditioning on the Woodway Treadmill and 25 minutes of strength training.

## Strength:

- **Bootcamp:** A total body workout incorporating weights, kettlebells, balls, and bands. Open to individuals of all fitness levels.
- **Fight Fit Boxing:** Strength and conditioning class that incorporates boxing, kickboxing, and MMA moves. Beginners welcome.
- **Hot Tone Sculpt:** A barefoot, high intensity workout in a heated room that will tighten, lengthen, and sculpt your body.
- **Small Group Training:** An innovative program designed for the specific needs of the group to improve overall conditioning.
- **Tramp Camp:** A unique interval training class that will challenge your cardiovascular system with jumps, runs and explosive moves on the trampoline.
- **TRX Fusion:** Utilize the TRX to challenge strength, stability and stamina. Weights, balls and bands can be used in the class.
- **Triple Threat:** Body weight, resistance and strength training using various equipment to create a strong, lean shape

Sneakers required for all Cardio and Strength classes.