

**HATHA YOGA with Tiffany Eckles.** Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

**SPINNING with Joseph Lemoine.** Joe's spinning classes are never boring! He plays a broad mix of music and mixes up the workout so much that before you know it you are dripping with sweat and the class is over!

**SPINNING with Rebecca Kuykendall.** Get your day started early with the 5:00 am spin class! Rebecca's class is a killer cardio workout consisting of both endurance and strength training. Get an awesome workout in before most people have even thought about getting out of bed!

**SPINNING with Jaime Tigue.** Crank of Dawn: Start your day off right with this high energy cycling class. Head out on a journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class! Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

**CARDIO+WEIGHTS with Melissa Whitchurch.** Join Melissa for a great combination of strength training and cardio fitness. Melissa will teach you how to lift weights properly and keep you motivated with a mix of strength and cardio workouts!

**H.I.I.T. SPINNING (High Intensity Interval Training) with Tiffany Eckles.** All you need is 30 minutes, of short intense spinning bursts that will give you similar if not better results in less time. Come try it, don't be late, and beginner's please talk to instructor before class! Be ready to WORK!!

**BARRE CONNECT with Tiffany Eckles.** Ballet, Yoga, Functional Strength & Cardio Burst. Bring a yoga mat if you have one (or use one of ours) and get ready to work in a different way . . .

**POUND with Robin Smith.** Pound is a cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using Ripstix (lightly weighted drumsticks) it transforms drumming into an incredibly effective way to work out. Pound is designed for all fitness levels, it provides a perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

**BIKE-N-BAR with Tiffany Eckles.** This class will consist of 25 minutes of HIIT Spinning and 25 minutes of BARRE (Ballet, Yoga, Functional Strength & Cardio Burst).

**REFIT® with Erica Rogers** is a cardio-dance fitness program designed to engage the body and soul, building endurance and community while engaging muscles. Exhilarating music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

**SOCIAL DANCE CLASS with Tony Silvaz** The styles of dances that I will teach are Waltz, Western Swing, Bachata, and Salsa. It's a beginner class but if class members are picking up the moves quick then we will teach intermediate dance moves.

**RESTORATIVE YOGA with Tiffany Eckles.** Is a form of **yoga** that seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body.

**CARDIOACCELERATION with Breanna McAlister** This class emphasizes the use of bodyweight, free weight, and plyometric exercise by doing intervals of cardio (anywhere from 30-90 seconds) in between sets of lifting exercises. You don't have to spend extra time doing cardio after the workout is over or on a separate day. You can go home knowing you've done your weight training and your cardio all in one fell swoop, all without ever having to use the treadmill or other typical form of cardio equipment.