



GROUP FITNESS CLASS BASICS

GROUP CYCLING

In Group Cycling, you pedal to motivating music as the instructor takes you on the 45- to 60-minute ride of your life. This is a great low-impact cardiovascular challenge. Be prepared to work up a sweat! Classes are targeted at beginner, intermediate, and advanced fitness levels.

TAI CHI & GENTLE YOGA

Tai chi is a mind-body exercise that combines movements, meditation, and deep breathing,

HATHA YOGA

Hatha yoga traditionally focuses on posture and breathing techniques to channel vital energy sources. In Sanskrit, Hatha translates to force. The practice involves breath, body, and mind, and classes focus on breathing, yoga poses, and meditation.

VINYASA YOGA

Vinyasa stands in opposition to hatha. Hatha classes focus on one pose at a time, with rest in between.² In contrast, flow classes string poses together to make a sequence. Due to vinyasa's more active nature, you should ideally be wearing clothes that move with you in lightweight, sweat-wicking material

PILATES

Low-impact exercise that focuses on strengthening core muscles, improving flexibility, and enhancing overall body alignment. It uses controlled movements and breathing techniques to build stability, balance, and strength, making it great for all fitness levels.

Zumba

High-energy dance fitness class that combines Latin and international music with fun, easy-to-follow moves. It's a great way to get a full-body workout while improving cardiovascular health, coordination, and endurance—all in a party-like atmosphere!

TABATA

Tabata is a high-intensity interval training (HIIT) program with a set structure for eight rounds of 4-minute bouts, alternate 20 seconds of near-maximum effort exercise with 10 seconds of rest.

QUEENAX BOOST

You will move through variations of suspension training with TRX, such as HIIT, bodyweight strength, and plyometric movements.

SENIOR FIT

Low-impact fitness class designed for older adults or those with limited mobility. It focuses on improving strength, flexibility, and balance using seated exercises, light weights, and gentle movements to support overall health and well-being.