Yoga
Join us for a yoga class that will help you to relax and reduce stress through stretches and breathing exercises to help you get through the week. Yoga mats, blocks, straps, blankets, and foam rollers may be used over the course of the semester in this class.

Beginning Yoga
Beginning Yoga will introduce all aspects of traditional yoga with additional time for restorative (holding poses) and dynamic (moving poses) meditation. This IS NOT a ‘try it on’ class. We encourage you to attend consistently to develop your own practice and grow as a group! (This class is not required in order to attend any of the other offered yoga classes)

Ashtanga Yoga
Ashtanga yoga is a shortened form of the Primary series, it is a specific flow of postures to build heat, burn toxins, and improve strength and flexibility that remain consistent in each class. It is includes postures that focus on opening up shoulders and hips, as well as fully using all areas of the body throughout the practice. It is a great class for both beginners and advanced students alike.

Power Yoga
An energizing and athletic practice using a set sequence of postures to stretch, strength, and detoxify the body and quiet the mind. You will build endurance as well as strength and flexibility in this class. Yoga mats, resistance straps, yoga blocks, blankets, or foam rollers may be used over the course of the semester in this class.

Yoga Flow
A dynamic flowing style of yoga that links breath and movement through a heat building sequence of postures. Expect to move more quickly through poses than your traditional yoga class. Yoga mats, blocks, straps, blankets, and foam rollers may be used over the course of the semester in this class.

PfYo (Pilates & Yoga)
This class incorporates both Pilates and yoga into one class to strengthen, stretch and then relax the entire body. Yoga blocks, yoga mats, Pilates rings, resistance straps, yoga straps, or foam rollers may be used over the course of the semester in this class.

Basic Yoga
A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

Vinyasa Yoga
Vinyasa yoga is a dynamic yoga practice that cultivates presence by connecting movement with breath. This class features flowing movements of traditional yoga—including sun salutations, standing poses, preparation for arm balances, dynamic stretching, and pranayama (breathwork). This practice will build strength, stretch, and balance, while reducing stress and increasing vitality.

ZUMBA®
ZUMBA® is a fusion of Latin and International music and dance rhythms that create a dynamic, exciting, and effective fitness class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

FUNCTIONAL FITNESS
Experience functional movement training emphasizing the 8 PiYo moves towards total body strength and balance. Come check out the newest trend in fitness, functional movement! Various exercise equipment that is used over the course of the semester includes weighted bar, hand weights, resistance bands, towels, stability balls, and steps.

Bootstrap
Bootstrap will provide a mix of traditional body weight exercises as well as interval training and dynamic strength training. Expect a high intensity without utilizing your body weight and various fitness equipment. All fitness levels welcome!

G3 (Glutes, Guts, & Guns)
Develop a strong core, gluteus, and toned arms by utilizing equipment and your own body weight. Expect a combined strength and cardiovascular workout! Equipment that may be used over the course of the semester includes weighted bar, hand weights resistance bands, towels, mats, stability balls, and steps.

TurboKick®
TurboKick® is a class that utilizes movements from kickboxing, boxing, and hip hop style moves to create a constant ‘party’ while you workout. This fast paced, high intensity class is pre-choreographed and will keep you coming back for more!

Tabata
Tabata training is a unique and revolutionary approach to successfully lose weight and build muscle in minimal time. You not only burn calories during the exercises, but your body keeps burning calories extra calories for the next 24 to 48 hours. Expect high intensity bouts of exercise followed by short periods of rest.

TBT
Condition your entire body to improve all aspects of physical fitness. This is a cardiovascular and strength based class for participants who wish to challenge themselves. Expect a workout that combines movements from instructor led circuits, circuit training, and core work! This is an excellent class for your regular routine and elliptical replication. Equipment that may be used over the course of the semester includes weighted bar, hand weights, resistance bands, towels, stability balls, mats, and steps and more.

Endurance SPIN®
Endurance SPIN is intended to challenge and strengthen the cardiovascular system. This class can be catered to any fitness level, beginner or pro! Let’s get that heart rate up and build endurance!

Triple Threat
These dynamic formats packed into one intense yoga class. If you are somebody that likes variety, then this class is for you! You get yoga, Pilates, and Stretching all in one class! You will love the spontaneity of this class because it can change at any time! It will be a combination of Pilates, yoga, and Stretching all in one class. All new formats! See you at SPIN/STRONG!

SPIN®/TRX®
This fused SPIN + Core class promises to build a strong core while including an enjoyable SPIN ride! The 45 minute class includes a variety of equipment such as mats, dumbbells, or stability balls may be used in this class.

SUNillet Night SPIN
Come enjoy our latest and newest class that includes a projector screen! And what is more exciting than watching Netflix while spinning? This class will play a variety of different shows and movies that everyone can enjoy throughout the ride. Suggestions are welcome! Join the fun!

SPIN®/Yoga
Come get the best of both worlds at SPIN/Yoga! This class incorporates all that you love about a traditional SPIN class while including a fantastic yoga portion as well. Time for relaxation and meditation will be allowed at the end of the class. You don't want to miss out!

SPIN® + Core
This fused SPIN + Core class promises to build a strong core while including an enjoyable SPIN ride! The 45 minute class includes a variety of equipment such as mats, dumbbells, or stability balls may be used in this class.

Aqua Zumba®
Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all together into a workout that is cardio-conditioning, body-toning and most of all, exhilarating beyond belief.