

CLASS DESCRIPTIONS

Sweat Barre Tone/Stretch	Focusing on core strength and posture this class will make you feel a foot taller! Using ballet techniques and extension work we will target and sculpt you!
Beginning Yoga	This yoga flow class is open and suitable for all levels, beginner or well practiced. This class flows and challenges students while healing, detoxifying and awakening the body and mind at the deepest level.
Bootcamp	This personal trainer boot camp class starts with a cardio warm-up then into fat burning, muscle building drills with weights, bands and balls.
Burlesque	Learn to love your body! Learn fun, sexy dance moves that will make you feel more confident while whittling that waist and toning those muscles.
Hot Yoga	Not to be confused with "Bikram", this yoga class is taught in a heated room that allows the body more flexibility and deeper pose positions (asanas).
Pedal & Pump	What do you get if you take 40-minutes of high-intensity strength training and then throw in a challenging 20-minute cardio burst on the Spin bikes? A fun, exciting, fast-paced workout that will target your entire body; covering your cardio and weights all in an hour.
Mat Pilates	By replacing the Pilates reformer with special bands, this floor exercise class will give you all the benefits of traditional Pilates without the heavy equipment. Incorporate standing poses to focus on strength training.
Pilates Fusion	An intense, condensed class focused on core strength and stability with the added bonus of tone and definition. Mat format, but may include weights, tubing, and exercise balls. Beginners welcome.
Power Yoga	Sweat and serenity come together in this Vinyasa style yoga class that moves. Continuous movement through asanas helps build heat and promote a feeling of well-being and strength through the postures. Modifications are offered for all fitness levels
Pump	A sixty-minute high-intensity strength training class designed to increase your strength, flexibility, agility, balance, and endurance...plus tone and firm you all over! Incorporating free weights, balls, bands, steps, and your own bodyweight, this class is never the same twice, and will keep your body adapting!
Spin	Instructors guide participants through workout phases from warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose.
Sweat & Sculpt	This class is a powerful and heart pumping interval cardio/strength training program that works on multiple body areas including core, arms and legs designed to increase lean muscle and burn fat! Bands, weights and balls are utilized in this class.
Yogalates	Yoga Infused Pilates. This class combines some of the ancient science of yoga with the core stabilizing, regenerative dynamics of Pilates. Strengthen all of the major muscle groups and develop a streamlined physique, while cultivating mental calm with Pilates exercises and Yoga postures.
Zumba	Zumba (pronounced "zoom-ba") is a dance fitness workout that anyone can do. You will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!
Beginning Zumba	The Beginning Zumba® also known as Zumba Gold Fitness program is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Special price of \$7 per class for clients age 55 and up.
R.I.P.P.E.D.	Resistance. Intervals. Power. Plyometrics. Endurance. Diet. If you are ready to unleash the power within, transform your body, mind and life, get ready for R.I.P.P.E.D. – The One Stop Body Shock! Once you try it, you'll be hooked!
Kidz Fit (ages 3-6)	Designed for ages 3-6, this 45-minute class will combine cardio, yoga, fun games and learning activities into a workout for your kiddos. Parents are encouraged to join in the fun but your participation is not mandatory if you need to keep an eye on your younger brood while your participant is in class. *The cost for this class is only \$5 per child payable upon check-in. Drop-ins are always welcome.
Family Yoga	This Karma Yoga class allows Sweat Cardio to give back to the community by introducing the practice of Yoga to the entire family. This is a great activity for both parents and children to learn together and will benefit the mind, body and spirit. This class is offered for free the second Friday of every month.
Prenatal Yoga	This class encourages flexibility, circulation, strength and balance for your changing body. Emphasis is placed on mind/body awareness to bring focus to what is going on between you and baby. Squats help to open hips, balancing poses help build a strong back and strength exercises give you the confidence to handle the labor and birth ahead. Mindfulness meditation strengthens your ability to be fully present throughout your pregnancy, labor and birth. Students are educated on their birth options to help make a decision on the type of labor and birth that they envision.