



GROUP FITNESS Class Descriptions

STRENGTH CLASSES

BODYPUMP™ (Les Mills) - The original pre-choreographed barbell class that strengthens your entire body. This 60-minute endurance-based strength workout, challenges all your major muscle groups by using exercises like squats, presses, lifts and curls.

Muscle Power - This mixed media class will bring in every exercise tool in the building. Classes are rarely the same, as muscle confusion and different moves are the hallmark of what this class is all about. There is a lot of dynamic function in this class including a cardio blast or two.

Stretch and Strength – Designed for those who want to improve their muscular strength, balance, endurance and flexibility, through the use of bands, light weights, fitness balls and bosu. Increase your lean body mass and get strong! Breckenridge real estate

CARDIO CLASSES

Cycling– Our cycling classes are designed to suit all levels of rider. From beginner to advanced, you ride as hard as YOU choose on any given day. The class focus differs per instructor, but is generally considered to be an interval cardio workout.

Cardio Blast – A cardio/strength, impact- based workout that will challenge your fitness level every class. No complicated choreography, just get back to basics, hard core training.

Step Basic - Classic step aerobic patterns that breakdown and build into repeatable combinations. Designed for the beginner, this workout will increase your VO₂ max and decrease body fat. Colorado Mountain real estate

Step Intermediate - Using intermediate level step aerobic patterns that follow the 8 count beat - 32 and 64 count combos . A bit of a mind challenge that will increase your VO₂ max and decrease body fat.

Zumba – Zumba fuses Latin rhythms and easy to follow moves, creating a dynamic fitness program. It's a fun, energizing, aerobic workout that you'll want to do every day.

Water Aerobics - A great workout with less stress on the joints. This class includes toning exercises for the entire body and the use of water resistant equipment. The class can also be modified for all levels of fitness.

MIND/BODY CLASSES

NIA - Aerobic. Flowing. Rhythmic. FUN!
Nia combines fitness dance, martial arts and healing arts like yoga to give you a workout that will leave you feeling energized in body, mind and spirit!

Mat Pilates - This mat session is designed to lengthen and strengthen your entire body using core muscles. Based on the teachings of Joseph Pilates, these movements will help you gain postural alignment, balance and flexibility.

Yogates – A wonderful blend of Pilates and Yoga. Here you can experience the flow and breath work of Yoga combined with the lengthening/ strengthening of Pilates.

Yoga Basic - Great introduction to the art of Yoga and a great refresher for those who practice on their own. This class covers the fundamentals of Yoga from basic poses to breath work.

Yoga - A fun and inviting class where students are asked to meditate on their own personal goals as they work through class. A variety of options are given for students at all levels.

Yoga Express - A Yoga experience with a variety of power moves, poses, and stretches for that perfect lunch break to relieve your mind & body of everyday stress

Yoga Intermediate – A 75 minute open flow class, working to help students progress in inversions and back bends. We will dive a bit deeper into the practice of breath work and will explore meditation, working to better harness the power of the mind. Summit county real estate