

## Uptown Class Descriptions

**Advanced Mat Pilates-** Push your limits in our Advanced Mat Pilates class, designed for experienced participants ready for a challenge. This fast-paced session focuses on core strength, control, and full-body stability through dynamic, high-level movements. Build lean muscle, improve flexibility, and elevate your Pilates practice.

**Aqua Fit** - A fun pool workout, Aqua Fit focuses on cardio endurance training, shaping and strengthening all muscle groups and increasing flexibility. All levels are welcome. Swimming skills are not required.

**Aqua HIIT** - Hit the water for this fun, fast-paced class offering high-intensity interval training in the pool!

**Aqua Motion-** his class takes water walking up a notch! Participants will travel in an upright position utilizing various movements walking/running, hopping, etc. to increase mobility. Students will learn techniques for improving walking stride and form while also strengthening and engaging core muscles for better balance and posture. Great way to start the day!!  
The ability to swim is not required but one should be comfortable standing in waist to chest deep water. Ideal for beginner and intermediate students.

**Barre-J** - A low-impact, high intensity workout choreographed to energy pumping music, Barre-J merges techniques from ballet, yoga and Pilates. Using the ballet barre, light weights and resistance bands, this class offers a full-body workout that strengthens and tones, creating long, lean muscles.

**Beginner Reformer** - Focusing on core development and total body control, Pilates uses a variety of slow, controlled exercises and stretches to strengthen, lengthen and tone your entire body. This beginners class offers individual attention balanced with the benefits of a group setting. Students will be introduced to the reformer apparatus and learn to safely and correctly perform basic moves.

**Butts & Guts** - This 50-minute booty burn compliments your chiseled core incorporating body weight exercises, barbells and dumbbells. This class is all about the burn!

**Cuts & Curves** - Cuts & Curves offers a strength and conditioning-based workout in a body-positive, intimidation free environment. Get your heart rate up as you build lean muscle and develop total body strength. Designed specifically with women's bodies in mind, class is open to all fitness levels.

**Energize & Elevate**- Step into a space of restoration and renewal with Energize and Elevate, a unique fusion of Reiki energy healing, sound therapy, and the core tenets of yoga and mindfulness.

**Forever Fit**- provides a well-rounded workout for adults looking to stay strong and mobile by combining aerobic conditioning, strength training, core work, balance exercises, and stretching for total fitness.

**Greatest HIIts**- Greatest HIIts combines both strength and cardiovascular training to give participants a challenging but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.

**Hatha Yoga**- Step into a journey of self-discovery and rejuvenation with our Hatha Yoga exercise class. Rooted in the ancient traditions of yoga, this class focuses on harmonizing the body and mind through gentle yet powerful postures, breathing techniques, and meditation. Whether you are a beginner or seasoned practitioner, our experienced instructors will guide you through a session designed to cultivate strength, flexibility, and inner peace.

**Indoor Cycling** - Using Technogym cycles, work at your heart rate max to achieve cardio fitness. A heart rate monitor is highly recommended during this class.

**Interval Training Cycling (ITC)** - ITC leaves both your mind and body feeling powerful, strong and energized. Prepare to sweat your way through a variety of intense intervals and drills. Time will fly as we climb, sprint and jump together to the beat of pop, rock, electronic music and even some fun, themed play lists!

**Kaiut Yoga** - Kaiut Yoga is a floor-based practice that utilizes gravity to unwind chronic restrictions in the joints. Participants experience profound, regenerative effects in their systems. Some of the results offered by the Kaiut Yoga are joint mobilization, improved circulation, relief from chronic pain, and better sleep. All levels and bodies welcome; this practice is for all!

**Low Impact** - Our low impact aerobics class is designed to keep one foot on the ground at all times, providing all the benefits of moderate aerobic exercise without high joint impact. Participants **MUST** be able to get up and down off of the ground without assistance.

**Mat Pilates** - This popular class provides effective and balanced workouts. Improve posture, core stability and increase flexibility.

**Mat Pilates Plus-** Mat Pilates Plus is a dynamic, full-body class that layers the core-focused precision of traditional mat Pilates with the strength, balance, and endurance elements of barre-inspired training and functional movement. This elevated format uses small props such as light weights, resistance bands, Pilates rings, and balance work to intensify each movement while maintaining low-impact integrity. Expect deep core engagement, sculpting for the legs and glutes, upper-body toning, improved posture, and mobility work that supports real-world movement. Classes flow between floor work and upright barre-inspired sequences for a powerful, joint-friendly workout that builds strength without bulk.

**Multi-Level Reformer** - Focusing on core development and total body control, this class uses a challenging variety of slow, controlled exercises and stretches to strengthen, lengthen and tone your entire body. This class offers individual attention balanced with the benefits of a group setting. Instructors provide options to modify the movements, depending upon each client's goals and experience level. Participants must have taken a reformer class or a private session before attending this class.

**Peak Performance Cycling** - Watch your cycling abilities improve and your body change with this metric-based cycling class. Focusing on building strength, speed and endurance through the energizing power of music, this is a place for every pace. All levels and abilities are welcome.

**Power Ride** - Challenge your workout with a competitive and athletic ride to the rhythm.

**Refresh + Restore** - This energizing class will leave you feeling balanced, empowered, and inspired. Please bring your own mat.

**Relax-n-Stretch** - De-stress and refresh yourself. This class includes a combination of static stretches and techniques to increase your flexibility.

**Ride and Shine** - Wake up to a new day feeling refreshed and rejuvenated in this endurance-based ride. Focus on your personal intensity through breathwork, temp and resistance. Perfect for aerobic base building. All experience levels are welcome at this morning ride.

**Small Group Training** - SGT offers low-cost, high-efficiency sessions that provide the individual attention of a certified trainer and the fun environment and camaraderie of a class. SGT never has more than four to six participants, which allows trainers to focus their attention and personalize the workout.

**SpinSanity 101** - Cadence plus resistance with hard fun and great music while listening to your body. Class incorporates periodization models, but you are always in control. How strong, fit and healthy do you want to be?

**Suspension Strong** - Combining TRX movements with a total body workout with a variety of gym equipment, with exercises switching up each week. Great for beginners.

**Tai Chi**- Tai Chi is a moving meditation that enhances your concentration, focus, and balance. Clinically proven to reduce stress, these mild and easy movements are adaptable to all fitness levels and ranges of mobility, making it an ideal practice for seniors! Come with loose, comfortable clothing and stable footwear.

**Transform to Tough** - Transform yourself with this total body workout mixing a variety of strength and conditioning exercises with cardio bursts for a total body burn!

**TRX Circuit** - TRX Circuit provides a fun and challenging total body workout focused on building overall strength, improving balance, expanding flexibility and increasing solid core stability.

**Vinyasa Flow** - In Vinyasa Flow each pose is connected to the next with a fluid sequence of movement. We will focus on moving with our breath as we create space and strengthen our minds and bodies.

**Zumba** - Zumba is a Latin fitness dance class with music and dance moves from International countries, including merengue, salsa, tango, flamenco, bachata, cha cha and belly dance. Burns calories as dance in disguise.