



## GROUP FITNESS CLASSES

### **Functional Fitness**

Train muscles to work together and prepare for daily tasks by simulating common movements. While using muscles in the upper and lower body at the same time, functional fitness exercises emphasize core stability, boosts muscle memory, flexibility, coordination, balance, posture, and reduces injury risk.

### **MixedFit - Dance. Sweat. Repeat**

MixedFit is a high energy dance fitness class that combines explosive movements with bodyweight toning, all set to your favorite music.

Think Hip Hop, Pop, Latin, R&B, and more! This isn't just a dance, it's a workout that challenges your cardio, tones your muscles and boosts your mood.

### **Indoor Cycling**

Indoor Cycling offers a range of benefits, including being a low-impact exercise that's gentle on the joints, reducing stress, burning calories, and improving strength. It also enhances mental well-being, strengthens the core, fosters a sense of community, and promotes muscle tone, endurance, and a healthy heart!

### **Yoga**

Improve strength, balance, and flexibility with a consistent yoga practice. It reduces stress, inflammation, and back pain, while complementing other fitness routines.

### **Zumba**

Boost cardiovascular health with fast and slow rhythms in this fun, dance-inspired workout. Enjoy lively music and vibrant energy while getting fit!

