



- **Revive Power Walk:** Our friendly fitness staff will guide you through this fast paced walk, followed by a gentle stretch. Allow 35 minutes.
- **Indoor Cycling:** It's the ultimate "indoor" cycling experience! Within and out of the saddle cycling, this calorie-burning ride will challenge all levels of cyclists. All levels welcome. (60 min.)
- **Yoga:** Through a series of yoga poses, learn to increase flexibility, enhance physical and mental focus, and aid in stress reduction. All levels welcome. (60 min.)
- **Restorative Yoga:** This class is a series of long help postures specifically focusing on the hips and low back, this class is excellent for injuries and joint pain. All levels welcome. (60 min.)
- **Yoga Flow:** Through a series of yoga poses, learn to increase flexibility through fluid meditative movement. This class will enhance physical and mental focus. All levels welcome.(60 min.)
- **Mat Pilates:** A mat class based on principles and movements of Pilates. Designed to strengthen the core muscles (abs, back and glutes) which combined with postural awareness will create long muscles and increase strength. (60 min.)
- **Revive Aqua Fitness:** In this class you will learn to use the water's resistance to improve cardiovascular fitness and muscle tone. No swimming ability is necessary. (60 min.)
- **Tai Chi/Qi Gung:** Breathing and movement exercises will be taught and practiced during this class, as well as the instruction of the positive benefits they have on a person's health and wellbeing. (60 min.)
- **Total Body Conditioning:** A no-nonsense aero/tone workout that utilizes kettlebells, resistance tubing/dumb bells and Bosu's. This time efficient format is designed to burn fat as it reshapes your body. The compound movements will keep your heart rate up to optimize body sculpting results. (60 min.)
- **Core, Strength, and Flexibility:** This class will combine upper-body and core strengthening exercises with Yoga-based flexibility work. All levels welcome. (30 min.)
- **FUNctional Strength:** This total body workout uses multiple circuit stations, barre training and our Queenax functional training system to focus on core, strength and cardio. All levels welcome. (60 min.)
- **TRX Suspension:** This class uses our Queenax functional training system, combining TRX straps, core exercises and cardio work. All levels welcome. (60 min.)
- **Zumba:** By mixing low-intensity and high –intensity moves for an interval-style, calorie burning dance fitness party. This class is a total workout, combining all elements of fitness-cardio ,muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. (45 min)
- **HIIT:** Or high -intensity interval training is a training technique in which you give all –out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. (30 min)
- **Boot Camp** A challenging total body workout that combines the perfect heart pumping cardio and strength training. The format and the equipment will change each week for calorie burn, muscle building and to prevent boredom. All levels welcome. (60 min)
- **Foam Rolling/Stretch** The Foam Rolling/Stretch class will consist of a combination of the two modalities to help increase the blood flow and increase myofascial release. This works by applying pressure and freeing up the fascia surrounding the muscles, thus eliminating scar tissue. It's like priming the muscles for stretching. (30 min)