



### **The Loft**

**Move and Groove** – Basic, low impact exercises designed to increase heartrate and improve flexibility.

**Body Basics/Circuit Interval** – Promotes total body movement with cardio benefits.

**Boom Move** – Low impact aerobic exercise with an increased focus on cardiovascular health.

**Boom Toning** – Low impact exercises with an increased focus on muscle definition.

**Zumba** – Aerobic Dance that is low impact and full of energy.

### **The Studio**

**Yoga** – Breathing, stretching and positions to enhance form, function, and flexibility.

**Cardio & Strength** – Basic low impact aerobic exercises combined with strengthening exercises.

**Breath & Stretch** – Combines the benefits of stretching with proper breathing techniques to maximize the benefits.

**Strength & Balance** – Designed for members with neuromuscular/physical needs, to enhance proprioception and well-being.

**Strength** – Combines the benefits of building strength with the positive atmosphere of peers, utilizes both machines and free weights.

**Pilates** – Core focused class designed to strengthen anterior and posterior muscle chains and improve flexibility.

**TRX** – Suspension training system that uses bodyweight exercise to develop strength, balance, flexibility and core stability simultaneously. It uses of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity.

**Strength Foundations**- This class will promote the basic human movements helping participants move more functionally, gain strength, and decrease injury risk in a fun and motivating environment.

**Men's Circuit**- This is a full body class for the older male who wants to train around old injuries and regain their fitness. The focus will be on building endurance, strength, and function to rejuvenate the body and mind.

**CRUSH** -- Fast-paced and fun, this circuit class features cardio, upper- and lower-body strength, and core work in 1-minute segments.

**Achieve Body Workout** -- Never the same class twice, this is a mash-up of your favorite cardio and strength training moves for a full-body workout.