



Class Descriptions

Total Body: 30 Minute fast-paced class that strengthens both your muscles as well as your cardiorespiratory system.

Tone & Lengthen: Combines strengthening and stretching into a great 45-minute workout.

Dance & Mobility: First half of class is high intensity dance routines. Second half is myofascial release and stretching. Class is complete with a short relaxation at the end.

Yoga of the Heart: Gentle and healing yoga practice that focuses on body positivity and self-love. Very beginner friendly!

Yoga Mix: Mostly yoga but with some fun extras thrown in to keep it interesting!

Strength Express: Concentrated total body strength in just 30 minutes

30-min HIIT: Condition your cardio-respiratory system while strengthening your entire body with an emphasis on core.

Total Fitness: Cardio mixed with weights and abs.

Go Heavy: This hard hitting class features heavy lifts set to rock music. Perfect way to start your morning and pump you up! We will get really focused on a few heavy lifts each month and repeat them each week, trying to increase our weight as we master our form. Beginners will focus on mastering form for longer periods of time.

Dance Express: Fast paced 30 minute dance class.

Power Yoga: 30 minute intense flow with quick relaxation at the end.

On the Ball: Total Body workout using a stability ball with an emphasis on core.

Yoga of the Heart: Come join Jordan for a gentle yoga practice that focuses on healing the body and mind via the parasympathetic system.

Butts & Guts: Focuses on core and glutes!

Candlelight Yin Yoga: Our monthly Yin Yoga class will take place on the third Friday of each month.

Fascia and Mobility: This will be a periodic class that will teach the fundamentals of myofascial release and mobility movements to keep our bodies pain free and moving in a full range of motion.

All classes listed are free to members or \$10 for the public, per class.

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***PLEASE NOTE: We may occasionally need to make changes to this schedule.*

Make sure you sign up for our text notification list so that you'll always know if a class is canceled or changed!

Simply text @newagefit to 81010