

400 Third Fitness Group Class Descriptions

SPIN EXPRESS

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 30 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.

MOBILITY + STRETCH

This fusion class refreshes your body and steadies your mind as you increase strength, balance, mobility and flexibility. It's a perfect mid-day movement break from the office or an awesome add on to our Spin Express class!



BARRE

Sculpt and tone your legs and glutes, improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required!

TOTAL BODY BLITZ

This class is designed for fitness enthusiasts of all levels. Activities include circuit training, body weight exercises as well as plyometric and Tabata training. With functional strength and fitness at the core of this class, get ready to train all muscles of the body, including the heart!

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation.

**Yoga mat required.