

# 400 Third Fitness Group Class Descriptions

## YOGA

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

\*\*Yoga mat required.

## 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!

## PILATES SCULPT

This energizing class combines the stretching, lengthening, and postural benefits of Pilates with the strengthening and toning benefits of resistance training. Sculpt + Pilates are both low-impact exercises that promote balanced development of muscle strength and mobility throughout the body, and exercises can be performed using only body weight on a mat or with resistance bands/pilates ball and light-medium weights. Rediscover your internal framework of strong, balanced core support. This class is suitable for all levels!

## 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!



## CYCLE+

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 followed by a bonus component which may include; core, flexibility, mobility or targeted muscle work. If you like to cycle, this class is for you - bring your water bottle and a towel.

**\*\*Note this class only runs the FINAL Thursday of every month.**