

# GF Class Descriptions

## Fall 2021 Classes

### Mixed Format

- **HIIT**- This class brings intensity with a mix of strength and cardio moves. This interval style training will bring you a total body workout.
- **20/20/20** - This mixed class brings a mix of a variety of different training including cardio, strength and a mix of core! A total 60 minutes of a bit of everything.
- **FIT45**- FIT45 is an intense 45 minute workout designed with functional exercises to work all muscle groups. It brings the heat with a combination of cardio and strength
- **Cycle Circuit**- Cycle circuit adds more intensity with a mix of cycling and a variety of exercises while off the bike.
- **Ride & Relax**- This is a class where you get the best of two formats: an energizing cycling workout followed by a yoga-based stretching recovery. Exactly what you need to start your weekend

### Strength

- **Strictly Strength**- This class is designed to bring up the intensity with both muscular strength and endurance. Pushing yourself to work through a full body workout.

### Yoga/Flexibility

- **Rise & Shine** - Come start your morning with a mind and body flow that opens your heart and muscles with stretches and postures designed for any level of yoga experience.
- **Barre**- This class takes inspiration from ballet and pilates to help increase body awareness, flexibility, and overall strength. No previous dance experience is needed.
- **Pilates**-Pilates is a full-body workout on the mat that will increase your core strength and help you improve posture and stability. It's a no-impact format, welcoming for all fitness levels and guaranteed to give your body a fun challenge.

### Dance

- **Zumba**- A combination of latin and international rhythms, Zumba creates exciting and effective fitness through dance routines.

