Class Descriptions

**LEARN TO CYCLE**

A weekly skills workshop for all abilities. Learn to cycle at a level that challenges you, but still leaves you in control.

**BODYPUMP™ EXPRESS**

The 45-minute express version of this popular group class.浓缩版课程。

**DANCE CLASSES**

Choose your style - from African, Caribbean and Latin dance moves to Zumba®.

**HIIT**

High intensity interval training. A challenging 45-minute workout.

**GROUP CYCLING**

A 45-minute cycling class that challenges you to pedal at a faster pace.

**HIIT™**

High intensity interval training.

**PERSONAL TRAINING**

One-to-one training sessions to help you achieve your fitness goals.

**ZUMBA®**

A fun and energizing aerobics class that combines Latin dance moves.

**CIRCUITS**

A strength training class that challenges you to perform exercises in a circuit.

**YOGA**

A relaxing and stretching class that helps you to unwind.

**FUNCTIONAL TRAINING**

A class that challenges you to perform exercises that mimic everyday activities.

**ZUMBA® COACH TRAINING**

A training program for those interested in teaching Zumba®.

**CROSSFIT**

A high-intensity, total-body workout that challenges you to perform exercises.

**TEAM BUILDING CLASSES**

Classes designed to improve team skills and build relationships.

**VIRTUAL CLASSES**

Classes that can be accessed online at a convenient time and place.

**CAREER PATHS**

A path for those interested in becoming instructors or staff members.

**VIP PROGRAMS**

Exclusive programs for members of the VIP club.

**VIP SERIES**

A series of exclusive classes for VIP members.

**EXPRESS CLASSES**

A series of 45-minute classes that are ideal for those with limited time.

**VIRTUAL SESSIONS**

A series of virtual sessions that can be accessed online.

**VIRTUAL GYM**

A virtual gym that allows you to access classes online.

**VIRTUAL YOGA**

A virtual yoga studio that allows you to access yoga classes online.

**VIRTUAL ZUMBA®**

A virtual Zumba® studio that allows you to access Zumba® classes online.

**VIRTUAL HIIT**

A virtual HIIT studio that allows you to access HIIT classes online.

**VIRTUAL FUNCTIONAL TRAINING**

A virtual functional training studio that allows you to access functional training classes online.

**VIRTUAL TEAM BUILDING CLASSES**

A virtual team building classes studio that allows you to access team building classes online.

**VIRTUAL CAREER PATHS**

A virtual career paths studio that allows you to access career paths classes online.

**VIRTUAL VIP PROGRAMS**

A virtual VIP programs studio that allows you to access VIP programs classes online.

**VIRTUAL VIP SERIES**

A virtual VIP series studio that allows you to access VIP series classes online.

**VIRTUAL EXPRESS CLASSES**

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