

MIND AND BODY CLASSES

Mind and Body classes help you relieve stress and become more focused through meditation, breathing techniques, stretching and flexibility.

Vinyasa Yoga: An energetic form of yoga using fluid movements and breath to flow from one pose to the next. All levels welcome!

Hatha Yoga: Hatha differs from Vinyasa in that Vinyasa takes about 7-10 of the Hatha postures and puts them into a sequence that repeats more than once throughout the class. This class flows through about 70 alignment-based yoga postures. Each posture includes a gentle variation for beginner or less flexible students as well as variation postures to enhance beginners & seasoned students alike. Breathing disciplines & encouragement to finding joy in the journey are incorporated throughout the practice.

Intro to Power Yoga: Build strength and create flexibility through a power flow yoga class. Learn the fundamentals of sun salutations, warrior series and balance poses before moving to deep stretching on your mat. This practice integrates yoga postures and breath to create vitality and energize your whole body.

Barre Fitness: Barre is the ultimate barre body challenge. For the fitness enthusiast, this workout blends classical ballet exercises, Pilates and traditional movements designed to develop muscular endurance, dynamic balance, flexibility and of course core strength. No dance experience necessary. ***This class is NOT included in the Group Fitness Pass—Registration is Required and Fees apply.***

Hula Hoop Body Sculpt: This hula hoop workout is a holistic exercise program that blends cardio hooping and strength training with high Intensity interval training based on elements of pilates, yoga, and ballet barre.

Senior Yoga: This class, geared toward older adults, will focus on balance, strength and flexibility. By encouraging our bodies to remain flexible, active and mindful, we can be engaged mentally, physically and spiritually.

Restorative Yoga: A practice that emphasizes breathing exercises and poses that promote relaxation and other mindfulness techniques.

Ballet/Pilates Fusion: This class blends ballet inspired exercises with Pilates to target the core and glutes.

Advanced Senior Yoga: Interested in a floor based yoga class that doesn't tie you up in knots or make you dizzy? Come join us to improve joint range of motion, strength, and balance while challenging the body with poses that move you gently from the floor to a stand and back down again. By working from the floor, we are equipped to increase upper body and core strength.

Barre Above™: A unique blend of ballet, pilates, yoga and strength training, using light weights, Pilates ball, and bands. Great workout for all levels.

Pilates: Learn to utilize and strengthen your powerhouse! Class combines the precise movements of Pilates with traditional fitness elements.

Yin Yoga: Yin Yoga involves holding deep stretches for longer periods of time, relaxing the body in the poses, and finding stillness. This opening into the deep, dense tissues of the body provides expanded range of movement, healing and repair, lubrication of the joints, and opportunities for meditation.

Yoga Alignment: In this class props such as blocks, blankets, chairs and bolsters are used to accommodate tightness and injuries. This teaches students how to properly hold poses for a longer period of time using correct alignment. The instructor uses a combination of Santosh/Iyenga methods.

Tai Chi: Class consist of breathing exercises (Qigong) and Tai Chi movement to improve balance and coordination while increasing oxygen flow to the central nervous system to improve overall health and wellness. All fitness levels should find themselves challenged by this seemingly simple exercise program.

Gentle Yoga: Gentle yoga is a hidden gem of a yoga style. It moves at a slow and steady pace. Asanas are primarily floor-based, reclined or seated with few, if any, standing poses. This class is appropriate for a wide spectrum of practitioners.

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CARDIO ATHLETIC

Our Cardio Athletic classes offer easy to follow, yet challenging, workouts that allow you to burn calories, build strength and achieve results.

Power 30: Get more bang for your buck by combining both cardiovascular and strength training all in one efficient workout.

Bootcamp: Bootcamp implements body weight exercises, calisthenics, agility drills, obstacle courses and running. Based on military training techniques, bootcamp programs are generally more intense than traditional group fitness classes.

Tabata/HIIT (High Intensity Interval Training): HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.

Kettlebell HIIT: A full-body workout incorporating kettlebells for both weight resistance and HIIT cardio.

Cardio Circuit: This athletic based cardio class is sure to challenge you with non-stop speed. You will be moving through different circuits around the room or in your own space.

Cardio Blast: Cardio Blast gives you a taste of what started it all: Hi-Low fast paced fun that challenges your endurance and strength that combines intervals, strength circuits and burst of cardio training.

Strong by Zumba®: Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

Fit Camp: A mix of cardio, plyometrics, boxing & weight lifting. Participants will move around stations that offer weights and plyometrics with high options & modified low options and in between you box! This class is for all levels.

Power Tools This class provides a fun and friendly atmosphere for active boomers to increase their overall strength and endurance. Components of this class include elements of cardio, balance training, and core strengthening.

Step TNT: Step TNT is a step-based interval workout alternating steps, weight lifting and core work.

Cardio Pilates Fusion: Enjoy all the benefits of Pilates while getting your cardio on! We combine the best of both worlds and merge them into one!

STRENGTH TRAINING

Strength Training classes help to build muscle strength and endurance. Classes use a variety of weights and resistance equipment to help you achieve a more sculpted physique.

Iron Bodies: Join us as we raise the bar in this strength training class designed for all fitness levels. We will use Iron Grip Strength equipment as the primary resistance tool to improve muscular strength and endurance. *Space is limited based on equipment. All levels welcome.

Chisel & Sculpt: This multi-level class is for anyone who wants to develop muscular strength and endurance. Tackle "basic" resistance training exercises using traditional and strategic principles. This simple, easy to follow, workout challenges every muscle using a variety of equipment. All levels welcome!

Aerobic Fit: 60 minute fitness class geared for ages 55+. This class combines cardiovascular training through aerobic and resistance training exercises. Class is designed to increase blood flow to bones and muscle through moderate to light resistance training and low impact interval aerobic exercises. No fitness experience is necessary and all exercises can be modified based on orthopedic or health history needs. Individuals who have any restrictions are encouraged to speak to the instructor before class begins.

R.I.P.P.E.D.: This total body, high intensity style program utilizes free weights, resistance and body weight to masterfully combine the components of RIPPED. Resistance, Intervals, Power, Plyometrics and Endurance for all levels, challenge your levels of fitness and endurance!

Row & Weights: This is a strength and cardio based class designed for all fitness levels. You will utilize Grip Strength Equipment as the primary resistance tool to improve muscular strength while the rowers will be used as part of a circuit to provide a great option for cross training. Come ready to work and leave feeling Strong!

Core 'n More/Power Abs: A full body muscular strength and endurance workout with a focus on abdominal and back muscles using mats, weights, bands and other equipment .

CARDIO CHOREOGRAPHED

Cardio Choreographed workouts help you find your groove with fun, energetic music and choreography to get you moving, sweating and burning calories!

Dance Club Cardio: It's time to jam like you're on the dance floor! Possible inspirations for this fun workout include: funk, Latin, hip-hop, jazz and more. The class will vary based on the style, background and training of the instructor.

Zumba®: Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle pumping, calorie-burning blast as you lose yourself in the music and find yourself in shape. This class is an instructor development program.

Zumba Gold®: Zumba Gold® takes the popular Latin-dance inspired workout of Zumba®, and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. This easy-to-follow choreography will help build cardiovascular health by challenging the heart and working out the muscles of the hips, legs and arms. Come ready to sweat, and prepare to leave empowered and feeling strong!

U-Jam Fitness®: U-Jam® is an athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you SWEAT! Ages 13yrs \$ up can enjoy this class and have fun!

Cardio Kickboxing: Cardio kickboxing combines traditional martial art drills with choreographed dance movements for a unique workout.

World Beatz®: Tone with an interval-style of high and low intensity dance cardio moves using music from around the world including: Bollywood, salsa, African, cumbia, merengue, dancehall, K-Pop, hip-hop and more.

Zumba® Toning: Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination while toning target zones including; arms core and lower body.

Turbo Kick®: Get lean and toned by combining cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes. This class is intense, fast paced and totally addicting!

Hip-Hop: Get ready for the breakdown with the hottest hip-hop music and moves. This class takes you step-by-step through fun choreography that is sure to get you body moving and heart pumping.

PILOXING®: PILOXING® is a fusion of boxing and standing Pilates principles. The combination of these disciplines as primary exercise components creates a sense of both physical and mental balance.

Line Dancing: Line dancing is a great form of low impact exercise that can improve flexibility, balance and endurance. It also helps increase mental capacity by exercising our cognitive processes.

SILVER SNEAKERS

Silver Sneakers is a great class to work on improving strength, flexibility, posture and balance.

Classic: Exercise at your own pace with resistance tools including bands, balls and weights.

Boom: A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Boom - Move It & Mind: In the first part of the class you will dance to the beat of hip hop and move to the rhythms of the mambo. In the second part of this class you will focus on improving balance and flexibility through movements inspired by yoga and pilates.

Boom - Muscle & Mind: This class starts with an action-packed workout using weights and featuring athletic moves taken from your favorite sports like golf and tennis. Then move to focusing on improving balance and flexibility in the second part of the class inspired by yoga and pilates.

Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

Splash: In this fun, shallow water exercise class you'll use a signature splash board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

CYCLE

Cycle: Cycle is a fun, exhilarating cardio workout. Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere set to great, motivating music. This class is suitable for all fitness levels and no experience is necessary.

Cycle and Sculpt: This class combines cycling and weights. Instructors have freedom to change your ride with intervals on and off the bike! Your body will love the change!

Cycle & Circuit (TRX): High energy circuit training incorporating TRX suspension training. All levels welcome!

Beginner Cycle: In this class you will learn the basics of the bikes as well as a slower start to enjoying a cycle workout. But don't worry you will still work up a sweat!

Cycle Bootcamp: More "bootcamp" than "cycle", this class consists of a variety of bootcamp-style stations with the bike making up one of many stations. It fast-paced and conducted in circuit/interval style with periods of work and rest. Participants can expect to use a variety of equipment including the battle rope, agility ladders, boxes, medicine balls, TRX bands, kettlebells and more.

Cycle, Row & Stretch: Cardio endurance and muscular endurance are combined in this fast-paced class consisting of 3 stations of drills utilizing the bike, rower and various types of weights.

Cycle/Kettlebell: This Class is conducted in a 30/30 format. Participants will spend 30 minutes cycling followed by 30 minutes of total body toning using kettlebells. This class is perfect for both cardio and muscular endurance and will blast tons of calories!

Senior Cycle (Training Wheels): Our senior indoor cycling class offers an easy-to-follow and exhilarating workout! Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere. Excellent for building lower body strength and blasting calories, this class is suitable for all fitness levels.

Cycle & Row: The combination of cycle and rowing give you a complete full body workout. Rowing requires the use of all major muscle groups- legs, glutes, core back and arms. Enjoy the many benefits of indoor cycling and rowing while having a blast in a lively atmosphere set to great motivating music. This class is suitable for all fitness levels and no experience is needed.

Club Cycle: Club Cycle is a Fun, Challenging, Cardiovascular workout with Beat Dropping Music to enhance the ultimate Club vibe!

AQUA CYCLE *New to Franklin Location Only

Hydro Burn: This class will be a higher intensity aqua cycle class geared toward our regular group fitness patrons.

Gentle Journey: Gentle Journey will be a lower intensity class geared towards our seniors and beginners.

Tabaqua Spin: This aqua cycle class will be a high intensity class incorporating Tabatas (HIIT) on the bike.

AQUA FITNESS

A set of water-based classes designed for beginners to elite athletes. Exercising in water provides the benefits of resistance training without the stress on joints.

Power Up: Medium to high intensity water-based workout using both shallow and deep water approaches with resistance tools.

Aqua Dynamite: Fast-paced water-based workout designed to promote muscular strength and cardiorespiratory endurance using deep water approach with resistance tools.

Aqua Stretch & Move: Gentle water-based workout designed to stretch, tone, improve flexibility and ease joint pain due to injury or arthritis while focusing on proper technique.

Rise and Shine: Wake up to a high intensity water-based workout designed to promote muscular strength and cardiorespiratory endurance using both shallow and deep water approaches with resistance tools.

Silver Sneakers - Splash: In this fun, shallow water exercise class you'll use a signature splash board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.