CLASS DESCRIPTIONS

**Spin:** Indoor cycling taught to energizing music by a wide variety of instructors with different styles! Classes are labeled as Spin 45 or Spin 60 to differentiate class length in minutes.

**Vinyasa Flow Yoga:** A vigorous type of Hatha Yoga consists of a continuous series of postures, which flow together. Postural alignment and coordination of breath and movement are emphasized.

**Zumba®:** Ditch the workout; join the party! This class uses Latin rhythms and easy to follow moves to create a dynamic fitness dance program that will blow you away. You will develop core strength and cardiovascular strength, all while having fun!