

GF CLASS

DESCRIPTIONS

HIIT:

The High-Intensity Interval Training workouts are a mixture of cardio and strength in 3 circuits, with intervals of work and rest.

Cycle:

This ride will simulate assorted terrain as you conquer rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals!

Step n' Strength:

SnS is a muscular and cardiovascular endurance class that builds strength, stability, coordination, and balance.

Dance Fitness:

This class is more like a dance party! Join the class and participate in a fun, energetic, dance inspired workout.

Spin:

Riders will tackle a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. These classes focus on endurance, strength, intervals, high intensity (race days) and recovery.

Pilates:

Each class incorporates body weight and light weight exercises to tone and define the body through building strength and improving mobility.

30/30:

The perfect blend of cardio and strength! For the first-half of class, participants ride through a variety of terrains on the bike. The second-half moves to the floor with a mat utilizing strength training to increase muscular power, functional strength, and endurance.

Yoga:

This is a Vinyasa style class, which means the body flows through the poses with the breath. The unique soundtrack is influenced from around the world. This yoga flow will challenge your mind and body until you sweat from the inside out!