

Group Exercise Class Descriptions

Yoga - Improve overall well-being. Gain flexibility, balance and strength. For all fitness levels from beginners to advanced yoga practitioners.

Yoga: Ocean – Intense, strong, holding postures. Gentle Waves – Slow, intentional poses . Mountain - mix of strength and balance. Warrior - incorporates all 3 of the other classes

PiYo - Fusion of Pilates and Yoga, bringing the best of both worlds together in one class! Emphasizes core strength, muscular toning and balance.

Xtreme Core - This is your core workout to the extreme! Pilates, Yoga and sports exercises combine to optimize and improve your core strength.

Interval Blast - Taught in a circuit format, this class incorporates weights, balls, kettlebells and bars to achieve total body conditioning.

Kickbox Blast - A high-intensity cardio workout using kickboxing moves in the studio setting without bags. A great overall workout!

Step Blast - A traditional step experience that incorporates intermediate-level choreography set to great music for a high intensity, low impact cardio workout. This class will also include resistance training and a core workout.

Stepfusion - contains fun step choreography fused with high intensity cardio segments. Will also include strength training and core conditioning.

Stability Ball Sculpt - This creative class focuses on strength training and muscle conditioning for all fitness levels (non-aerobic). Hand weights and a stability ball are used to work and tone all muscle groups. Improves your strength, flexibility, balance and posture.

Power Hour – High intensity workout with short blasts of cardio. Uses barbells, dumbbells and body weight for a full body fitness experience.

Turbokick - A fusion of hip hop, kickboxing and strength training choreographed to high energy music.

Kids Crazy Cardio – your kiddos will have fun moving in this class. Includes some hip hop dance, relay races, cardio games and more.

Cardio Mix-Up - this class has it all: step choreography, plyometric drills and cardio bursts. It will finish with strength training and core conditioning.

Zumba - This fun, effective, work-out includes the following dance styles: Samba, Merengue, Salsa, Cumbia, Belly Dance, Flamenco, Tango, Reggaton, Hip Hop

Barbell Blast - XTC's version of a high energy choreographed barbell class. Try it for a total body strength training workout set to hip, motivational music.

Bar-Ball Sculpt – combines two of our favorites: Stability Ball Sculpt and Barbell Blast