



CLASS DESCRIPTIONS

Barre to Bootcamp, Yoga to Strength, Dance to Cycle, and everything in between, we offer classes for all! Whether you're new to fitness or looking to try something different, you will enter feeling comfortable and encouraged. And even better, you'll leave feeling strong & confident.

TABATA	High-intensity interval training, broken up into dynamic four-minute segments. Work 8 rounds of 20 seconds of effort, followed by 10 seconds of rest. Quick, to the point, and totally EFFECTIVE!
BLOOM BOOTCAMP	This Bootcamp style strength class where you will push past your limits! Tone and sculpt your body using varied equipment and plyometrics in a fun, positive environment!
PILOXING BARRE	Using a ballet barre for stability and resistance in this 45-minute cardio program, you lengthen, you strengthen and you box your heart out! Happy joint, strong muscles, healthy heart.
BLOOM STRONG	This ain't your mama's strength class! Try this full body, strength class using weighted body bars, dumbbells, resistance bands, or your own body weight. Combine that with some amazing tunes for some serious FUN!
BLOOM LIFT	This class is a total body workout! Using a variety of methods, work through a HUGE variety of movements into your workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises. This class is also offered in the 30min xP format.
HIGH FITNESS	Fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines FUN with INTENSITY. This class is also offered in a 30min xP format.
HIGH LOW	HIGH low is offering a NEW approach to the HIGH Fitness experience... Bigger, Better, and LOWER Impact! Reminiscent of the (aerobics) glory days, this format is based on traditional aerobics principles that create a steady state cardio workout without the impact of burpees or cardio push tracks.
CARDIO DANCE	Pretty much the most awesome workout ever. Dance to your favorite pop music, easy to follow choreography, and burn a ton of calories without even realizing it.
THE MIX by PILOXING	THE MIX is a commercial dance format for all fitness levels, ages and backgrounds. We want you to dance like nobody's watching. Move with the frequency and play with the tracks. The world is your stage. Get in THE MIX.
YOGA FLOW	Consistent poses in flowing transition with a focus on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. This class builds strength and balance physically AND mentally, and leaves you feeling energized. (All-levels)
BUTI YOGA	A soulful blend of power yoga, cardio-intensive tribal dance and deep abdominal toning. This all-in-one movement method tones and sculpts the body while facilitating complete inner transformation.
SCULPT + FLOW	A combination of cardio and toning mixed with dynamic yoga with and without weights. Get your heart pumping while you stretch and tone to a rockin' playlist!
YOGA GLOW	A great class for all levels, flowing at a gentle pace. Enjoy the soothing dim lights, learn new poses, practice a unique flow every class and leave feeling restored in body and mind. (All-levels)
EMPOWER HOUR	A rotation of classes including yoga, barre, and more! See MindBody for schedule.
DRENCHED	In DRENCHED we use compound movements to get the heart rate up! You may think this is a cardio class but it's really a strength class with bits of cardio movements sprinkled in! The idea behind DRENCHED was to create a workout that was METABOLIC CONDITIONING! This means getting your body to a state of EPOC or excess post-exercise oxygen consumption.
INFERNO FUSION	INFERNO Fusion combines all of the barefoot formats you know and love! Expect low impact, high energy, and even higher BURN!
RUSH HOUR	60 minutes of pure sweat. Climb, sprint, pump, and push! This class is a total body burner, killer calorie torcher...filled with awesome tunes and fun!
BLOOM CYCLE	Get ready to ride! This amazing workout will take you on a journey of hill climbs, sprints, and flat riding on a stationery bike, while you control the intensity! Pedal your way to an increased heart rate with low impact, all while listening to rockin' tunes!
UPBEAT CYCLE	Want to ride AND get some strength training for your upper body and core! Upbeat Cycle is the answer! Enjoy a fun and challenging 30 minute ride, followed by 15 minutes of upper body and core work!