



CLASS DESCRIPTION

Bloom Cycle: Pedal your way to fitness in our exhilarating Cycle Class! Join us for an intense and energizing ride that combines music, motivation, and high-intensity interval training on stationary bikes. You'll experience a challenging yet fun workout that boosts endurance, torches calories, and strengthens your legs and core. All levels are welcome.

Bloom LIFT: Experience the ultimate strength challenge in our dynamic weight lifting group exercise class. Ignite your fitness journey with a motivating instructor, energizing music, and a supportive community. Whether you're a beginner or a seasoned lifter, this class offers a full-body workout to sculpt and tone. Join us for a powerful session that will leave you feeling strong and accomplished!

Bloom STRONG: Get ready to push your limits in our all-levels boot camp class! This high-energy workout is designed for everyone, from beginners to fitness enthusiasts. Our experienced instructor will guide you through a mix of cardio, strength training, and agility drills, creating a dynamic and effective session. Bring your determination, and leave with a sense of accomplishment. It's time to challenge yourself and embrace the transformative power of our inclusive boot camp!

Cardio Dance: Step into the rhythm and let loose in our Cardio Dance class! Join the dance party that doubles as a heart-pumping workout. Our instructor will lead you through fun and energetic routines set to upbeat music, making fitness feel like a celebration. No dance experience required—just bring your enthusiasm, and get ready to groove, sweat, and smile your way to a healthier you. Come dance your way to fitness and joy!

Cycle+Strength: Experience the perfect fusion of cardio and strength in our unique group exercise class! Immerse yourself in a dynamic 25-minute cycling session, pushing your limits on the bike, followed seamlessly by a focused 25-minute strength training circuit. It's the ultimate blend of heart-pumping cardio and empowering strength, all in one energizing class. Get ready to pedal and lift your way to a stronger, healthier you!

Cycle Xpress: Join our 30-Minute Cycle Xpress class for a quick, intense burst of cardio! This express session is designed to fit seamlessly into your busy schedule while delivering a powerful cycling workout. Pedal through a half-hour of energizing music, motivation, and sweat-inducing intervals. Perfect for those on the go who want a fast, effective way to boost their fitness levels. Get in, ride hard, and conquer your day with this express cycling experience!

High Fitness: Dive into the exhilarating world of fitness with our HighFitness group exercise class! This high-energy session combines intense cardio with easy-to-follow choreography, set to upbeat music that will keep you moving and grooving. Led by our enthusiastic instructor, you'll experience a full-body workout that not only torches calories but also leaves you feeling empowered and energized. Whether you're a fitness fanatic or just starting your journey, HighFitness is a dynamic and inclusive class that promises to elevate your heart rate and your spirits!

High Low: Fun fitness class that incorporates aerobic steady state training with music you love and intense, easy to follow fitness choreography. A sister format to HIGH FITNESS. It drives the same energy, but without the impact!

High Fitness XPress: Elevate your fitness in just 30 minutes with our High XPRESS!! Fun Fitness class that incorporates aerobic interval training with music you love and intense, easy to follow fitness choreography. It combines FUN with INTENSITY.

INFERNO FUSION BARRE: Step into the fire of fitness with our Inferno Fusion Barre class! This dynamic group exercise combines the grace of ballet-inspired movements with the intensity of a high-energy workout. You'll sculpt and tone your entire body using the barre for stability. Expect a fusion of isometric holds, pulsing exercises, and cardio bursts that ignite

your muscles and elevate your heart rate. Whether you're a barre enthusiast or a newcomer, Inferno Fusion promises a challenging and exhilarating experience, leaving you feeling stronger, leaner, and empowered.

KETTLEBELL STRENGTH: Elevate your strength training with our Kettlebell Strength class! This session combines the power of kettlebell exercises with targeted strength training. Swing, press, and squat your way to a sculpted physique as you harness the versatility of kettlebells to engage multiple muscle groups. Whether you're a beginner or an experienced lifter, our class offers a challenging and effective workout designed to build strength, improve endurance, and enhance overall fitness. Unleash the strength within you with our dynamic Kettlebell Strength class!

KICKFIT: Unleash your inner warrior in our KickFit Cardio Kickboxing class! Join us for an exhilarating session that blends high-intensity cardio with powerful kickboxing moves. You'll jab, cross, and kick your way to improved cardiovascular fitness and total-body strength. The energetic atmosphere, coupled with dynamic music, creates a motivating environment suitable for all fitness levels. Kick, punch, and sweat your stress away in this empowering class designed to boost endurance and leave you feeling invigorated and accomplished!

Pilates: Join our Mat Pilates class for a transformative and core-strengthening experience! This class focuses on precise movements that engage and tone your muscles, all from the comfort of a mat. Improve your posture, flexibility, and overall strength through a series of controlled exercises that emphasize breath and body awareness.

Total Body: Experience the ultimate workout in our Total Body group exercise class! This session is a comprehensive blend of cardio, strength training, and flexibility exercises to target every muscle group. Whether you're a fitness enthusiast or just starting your journey, our class caters to all levels. Join us for a transformative session that leaves you feeling energized, accomplished, and ready to conquer your fitness goals!

YogaGlo: Discover the perfect harmony of movement and mindfulness in our YogaGlo class. Guided by an expert instructor, this class invites you to explore a dynamic fusion of yoga and meditation beneath a soothing glow.