

NTFQ2 Class Descriptions

Cardio Spin: This high-energy class helps you ride your way to becoming a lean machine. Consisting of varying speeds, resistance levels and intensities targeted at raising your heart rate and toning your lower body. 60 minutes - All levels.

Cycle Sculpt: A fusion class that combines 45 min. of cardio spin with 15 min of pure strength and core conditioning. Get the benefits of both a cardio and strengthening workout in this fantastic 60 minute session. All levels.

Pilates: This class will help build core strength, flexibility and agility. Each exercise will aid in posture alignment, balance and economy of motion. 60 minutes - All levels.

AM Yoga: Ease your body into the day with this invigorating class that incorporates poses to encourage blood flow and lengthen and strengthen the entire body. 60 minutes - All levels.

Yoga Flow: This class promotes muscular strength and flexibility through a continuum of poses that warm and stretch the body. 60 minutes - All levels.

Power Yoga: This flow-based class links poses together at an energetic pace with the intention of holding heat in the body to aid in building strength, flexibility and endurance. Modifications will be offered, being progressive in nature however, prior knowledge of Sun Salutations and standing poses would be beneficial. 60 minutes - Intermediate.

PM Yoga: Relax and stretch your body to let it wind down from the day. This evening class consists of restorative poses and deep breathing exercises that melt away stress and release muscle tension. 45 minutes - All levels.

Butts & Guts: This 45 minute class incorporates exercises that target the abs and glutes. 45 minutes - All levels.

Power Tone: A weight training class using adjustable weights to provide a total body strength-training workout. 60 minutes - All levels.

Circuit Training: Using state-of-the-art fitness training equipment, this class provides a well rounded workout for the entire body. 60 minutes - All levels.

Cardio Box: Test your muscles and your mental fortitude in this high-energy workout utilizing professional boxing techniques. This class is sure to make you feel strong, inside and out. 60 minutes - All levels.

Personal Training: Let a member of our trained staff guide you to a whole new level of fitness with one-on-one sessions designed to help you meet and even exceed your personal fitness goals.