

Fall 2019 FitWell Class Descriptions

Instructor	Class Name	Class Description
Roisin Lyons	Barre	In this fitness class, a barre (stationary hand rail) is used to create optimal exercise in a fun, safe way. This cross between ballet, pilates, and yoga is a blast and will produce results.
Kathy Childers/ Van Davis/ Rebecca Herrera/ Keijha Oliver/ Abby Tisdale/ Courtney Williams	Bear Cycle	You're going to sweat! Join us as we improve our fitness levels and push ourselves to new limits with a combination of endurance rides, sprints, climbs, and jumps. This class is great for those seeking a challenging cardio workout, looking for a new cardio routine, or seeking to combine endurance and strength training in your workouts. Nothing beats an indoor cycling class for a low-impact, high-intensity fitness workout. Try out each instructor for a unique Bear Cycle experience.
Jordan Cottrell	Boxing/ Conditioning	The primary goal of these classes is to prepare your body for its most vigorous demands. You will develop speed, endurance, flexibility and technique as we focus on core strengthening and basic boxing fundamentals. All it takes is all you've got!
David Estrada/ Rose Lugos	Zumba	Dance Fitness is for anyone who wants to improve their endurance, balance, coordination, and tone their bodies. The infusion of Latin rhythms, modern dance, and fitness, make it challenging and FUN unlike any other exercise program. Come check out this unbeatable energy-packed hour of exercise!
F45 Trainers *See FitWell Staff Page*	F45	The concept is simple: F45 offers a 45 minute High-Intensity, Circuit Training workout class for our studio members. The fixed, 45 minute duration of our workouts exists to provide a timing structure to maximize our members' growth and progress. Our daily workouts vary the amount of exercise stations, the Work Time / Rest Time ratio and the number of repetitions through the "Exercise Circuit" of each day. This provides a challenging workout for our clientele that is always evolving and never the same.
Brittany Adams/ Kim	Gentle Yoga	Gentle yoga is a flow based practice from the Ashtanga tradition. It incorporates strength and flexibility by using the body as resistance. One can expect a gentle set series of poses with a strong emphasis on breath and relaxation which will result in stronger muscles and less stress.
Roisin Lyons	Jazz It UP!	A jazz dance class suited for all levels. Whether you're a former dancer or someone who has always wanted to try dance, this is the class for you! Come out and try Jazz It Up for a fun and upbeat dance workout.
Bonnie Finch/ Lauren Hinson/ Stephanie Kerry/ Alexandra Patino/ Kelsey Stevens/ Bailey Strohmeyer/ Kim Stuebben/	Yoga	Yoga flows based on the Vinyasa practice which has more freedom than the Ashtanga tradition. One can expect more poses in a set series guided by the instructor, aimed for leaner muscle and light cardio. Come enjoy a good sweat session and leave feeling stronger and more relaxed.
Erik Carrera/ Kylie Smith	MMA	Mixed Martial Arts is a full body sport. Come tone your entire body and strengthen your muscles with this one hour MMA class. Get ready for a fun, intense workout with instructors ready to help.
Victoria Whitworth	Taekwondo	The Taekwondo Fitwell class is a fast paced workout, grounded in competition style Taekwondo and self-defense techniques. We will focus on strength, endurance, and the balance between power and control.