

BULLDOG X class descriptions

AQUA PUMP

Strengthen your entire body with no impact to your joints. This water aerobics class will combine cardio and resistance training.

GUTS & GLUTES

Work your entire lower body and abs in this 30 minute express strength class.

YOGA

Connect your body, mind and spirit in our yoga classes, meant for all levels. You will focus on breathing, flexibility, balance and relaxation.

ARMS & ABS

Sculpt your upper body and abs in this 30 minute express strength class.

STRETCH & STRENGTH

A 30 minute class dedicated to stretching, mobility, and overall muscle strengthening.

INSANITY®

High intensity interval class that will improve your endurance, strength, balance, agility, and coordination. Full body workout!

PILATES

Challenge your core, balance, and flexibility in mat pilates. Movements will focus on improving core strength and everyday movements.

POWER SURGE

Power based class filled with cardio and step intervals to focus on strength, power and endurance.

STRENGTH

Target all major muscle groups with this total body strength workout. We will use a variety of equipment every class!

CARDIO STRENGTH

30 minutes of full cardio and 30 minutes of total body strength make this a perfect full body workout.

BOOTCAMP ABS

Sculpt your core in this 30 minute challenging, express strength class.

HIP HOP

Fun, upbeat workout with energizing music that will keep your heart rate up and you won't want to stop dancing!

INTERVAL 30

Intervals of cardio and strength training that will keep your heart rate pumping high the entire 30 minutes.

ZUMBA

Latin- inspired workout with fun and easy to follow moves that will keep you smiling.

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THE FOLLOWING CLASSES REQUIRE A PASS. PICK UP A PASS 15 MINUTES BEFORE CLASS IN THE WEIGHT ROOM.

CYCLE

High intensity cardio including climbs, sprints, jumps, intervals and endurance on the bike. Designed for ALL levels, no experience needed.

CYCLE FUSION

30 mins of high intensity cycling followed by 30 minutes of TRX suspension strength training.

TRX

Suspension training class focused on improving total body strength, balance, flexibility, mobility and core strength.

TRX HIIT

30 minutes of full body, high intensity intervals using TRX suspension training bands mixed with cardio and strength intervals.

KICKBOXING

Integrate punches, plyometrics, body weight and cardio intervals into this high intensity workout. No boxing experience required.

BARRE

Define and challenge your body with this class incorporating pilates, ballet and yoga. No dance experience required.