

GROUP FITNESS CLASS DESCRIPTIONS

SCHEDULE SUBJECT TO CHANGE (*) Indicates class size is limited in number.

AIKIDO

Known as 'the peaceful martial art,' Aikido involves blending, rather colliding, with an attack, yet is dynamic, powerful and intricate in its full-body engagement.

BARRE BURN

Total body workout that utilizes the ballet barre to perform small, isometric movements, which burn fat and sculpt muscles concentrating on hips, thighs, glutes, abdominals, and arms.

BOOTCAMP

Boot camp is a class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

BISON RIDE/WARRIOR RIDE/WARRIOR SPRINT*

A fun and upbeat cycling class for people of all athletic levels. Get ready for a workout of hills and interval training that will get your body in shape!

H.I.I.T

A step interval class utilizing a variety of combinations. Be prepared to have your heart rate elevated!

KICKBOXING

A non-contact kickboxing class utilizing basic kicks and punches on a heavy bag.

POSITIVE VIBEZ

Inspired by KAZAXE this dance-exercise class is a combination of international beats that includes dancehall, soca, acrobat, and more!

Come ready to sweat and have fun in this one hour total body workout class!

TABATA

This class is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems, something that regular cardio workouts usually don't do. This

TRX®*

Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

Total Body Conditioning (TBC)

This low-impact exercise class will improve balance, coordination, agility, and range of motion. The combination of exercise equipment and low-impact cardio will have positive effects on your overall health.

WARRIOR CORE

A half hour of intense core work. Set to upbeat music, you'll work your entire core and learn new exercises to help sculpt the body! This class is for all fitness levels, and is a great way to fit a quick but challenging workout into your busy day.

WARRIOR WORKOUT

Warrior Workout is a combined challenge of muscular strength and cardiovascular endurance. Test your ability to exert maximum muscle effort for an extended period, while the entire body is put to the test. All-out efforts, intense fun, 45 minutes.

YOGA / SUNRISE YOGA / LATE NIGHT YOGA

This class will incorporate sun salutations, flexibility, strength and balance. Students will flow through various sequences while linking movement to breath, with focus on form and alignment.

YOGA FOR MENTAL HEALTH

Yoga for Mental Wellness is an all levels class that will use guided breathwork, gentle and strengthening postures, and brief meditation. It is created to help you calm your nerves, let go of bodily tension, and settle your mind. If you want to boost your mental wellness game, this is the class is for you.

ZUMBA®

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness- class. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. **NO DANCE EXPERIENCE NEEDED AND BEGINNERS ARE WELCOME!**



Each class will be open to registration 1 hour before the start time through the Bison Rec app. Download it now in the App Store or Google Play. Find the Group Fitness tab on the main screen, to see the daily schedule, find the class you're interested in and choose join class to register!