

# BVS GROUP FITNESS CLASSES

**Yoga Flow:** Increase strength, balance, mobility and flexibility - a perfect mid-day movement break from the office and suitable for all fitness levels. We also have **Gentle Flow** for the days you want to refreshes your body and steady your mind and **Power flow** for those who want to work harder and get sweaty. Try them all to see which one you love the most!

**Afternoon yoga:** In this mind-body practice, you will focus on getting a good stretch through alignment and breathing. Develop your flexibility with a mix of relaxation and hard work. Great for all fitness levels as a rewarding end to the day!

**Sunrise Yoga:** Wake up your body and mind with this morning flow. You will focus on alignment while building strength, flexibility, balance and concentration. Begin your day with a little bit of sweat and breath work, finishing with a sweet savasana - is there any better way? We don't think so!

**Well-Built:** This strength focused class is designed to define all major muscle groups in your body. The focus is on proper technique, alignment, body awareness and stabilization while executing the movements properly. This class is suitable for all levels.

**Spin:** A exciting and challenging class with energizing music to help you cover a combination of indoor terrain trails. A variety of intensities mixed up at your own level makes this a class for all abilities.

**Bootcamp:** A full body workout that will make sure that you are ready for what ever comes at you in the following days. Involves a variety of equipment and exercises to keep you guessing. This is one of our toughest classes - buckle up!

**HITT:** A total body muscular conditioning class designed to increase your Cardio, strength, and endurance. You will be utilizing a variety of props and weights through all ranges of motion. Suitable for all fitness levels, but best if you've consistently active.

**Barre:** Strengthen, lengthen and tone to energize your day! You will use body weight and small weights to sculpt, slim and stretch your entire body. This class uses a variety of core and lower body muscles, and yes, you will be sore tomorrow. You're welcome!

**Kickboxing:** This fun and high-energy class is a great way to boost your cardiovascular fitness, coordination and power by punching and kicking using boxing gloves and pads. Progress your skills as a group while you get your sweat on! Great for beginners to learn the sport!

**Weekend Warrior:** End your week as a warrior! A fun full body workout that will make sure that you are ready for what ever comes at you over the weekend. A tough class with a lot of functional exercises, intervals, and a mix of cardio and strength.

**Connexus Circuit:** Let's have some functional fun with a variety of high intensity cardio and strength and conditioning exercises. This circuit class will build strength, power, balance, and overall fitness with a wide variety of stations meant to leave you sweating! This bonus lunch time class will have limited space so sign up early!

**Express Core:** All the core work, but in 30 minutes! Get ready to work hard with a diverse selection of core exercises. Appropriate for all fitness levels. Get ready for some spice!

**Pilates:** A class combining Pilates principles and fitness for a balanced full body workout that will help improve posture and strengthen the core. Resistance training and both standing work (to increase balance and functionality) and floor work (to challenge the core in various positions) will be integrated.