

CLASS DESCRIPTIONS

AQUAFIT (60 MIN)

From spring to fall, come get a total body workout in this low-impact water aerobics course.

BALLET BARRE (45 MIN)

Challenge yourself with this upper body workout and a combo of high-intensity exercises at the barre.

BARRE BLAST (45 MIN)

Gain a ballet and Pilates sculpted figure at an exciting, high-intensity pace choreographed to the rhythm of today's hits.

BARRE FUSION (45 MIN)

A dynamic conditioning class that blends ballet training and endurance building cardio for a total body workout.

BODYATTACK (55 MIN)

This high energy interval training class combines athletic aerobics with strength and stabilization exercises.

BODYCOMBAT (55 MIN)

Kick your way to cardio in this fiercely energetic program that draws from karate, boxing, taekwondo, tai chi and muay thai.

BODYFLOW (55 MIN)

A mix of yoga, tai chi and Pilates, this class leaves you feeling centered, calm and strong.

BODYJAM (55 MIN)

Learn how to move with attitude and break a serious sweat in this addictive fusion of dance and high-intensity cardio.

BODYPUMP (55 MIN)

Achieve total-body results quickly with the original barbell class set to your own pace of weight.

BODYSTEP (55 MIN)

This energizing step class pushes fat-burning systems into high gear, followed by muscle condition tracks to shape and tone.

BODYSTEP EXPRESS (45 MIN)

Join us for this briefer version of our high-intensity Bodystep course.

BODYVIVE (55 MIN)

Get a low-impact, whole-body workout using VIVE balls, tubes and your own weight to boost that core strength.

BOOT CAMP** (60 MIN)

This popular and challenging interval class mixes body weight with cardio and strength training. (\$20.00 per class)

BOGA FIT (55 MIN)

This unique workout on water utilizes traditional gym workouts with new adaptations created by our expert trainers.

BOGA YOGA (55 MIN)

Float your FitMat and challenge your stability skills in this innovative, yoga-based course.

CORE FIT (30 MIN)

Work your core, get fit and turn that flab into abs in this power-packed abdominal conditioning class.

CXWORX (30 MIN)

This program is ideal for tightening the tummy and butt as it hones in on the torso and connecting sling muscles.

CYCLING (55 MIN)

Climb, sprint and train on a stationary bike to the beat of this heart-pumping workout.

SPRINT (30 MIN)

Work hard to achieve fast results in this high-intensity interval training on indoor bikes.

ELITE FITNESS (55 MIN)

Simultaneously build muscle endurance and burn body fat as fast as possible in this super circuit course.

FUNCTIONAL FITNESS* (60 MIN)

Combine aerobics with beginner strength, core conditioning and flexibility exercises, all set at your own skill level.

HIIT CYCLING (30 MIN)

(High-Intensity Interval Training) This class uses the Tabata and high-intensity training methods to burn more calories in explosive and effective intervals.

MUSCLE MELT STRETCH (60 MIN)

Incorporate simple yoga poses, stretches and the creative use of tennis balls to massage the stress away.

POWER50* (30 MIN)

This interval-based class combines full-body strength training with high-intensity cardio designed to tone and improve endurance.

RPM (45 MIN)

Ride to the rhythm of powerful music in this popular indoor cycling class as you take on challenging terrain.

TRIO (60 MIN)

From spring to fall, join Westside's triathlon program complete with training in lap swimming, spin class and running.

SH'BAM (45 MIN)

Even if you're new to the dance floor, come try this course of unique and varied moves set to the pace of chart-topping hits.

STEP (55 MIN)

Mix low intensity and high-intensity moves for a fun, calorie-burning interval-style dance party.

STRONG (55 MIN)

Combine high-intensity interval training with the science of synced music to push you past your limits.

TRX CIRCUIT (60 MIN)

Try suspension training: the original workout system that leverages gravity and bodyweight in core-building exercises.

VELOCITY TRAINING (60 MIN)

Not recommended for beginners, this course is a cross-training workout that includes Olympic lifting and high-intensity interval training.

YOGA:

- **BASIC YOGA (55 MIN)**
Learn the fundamentals and the basics of yoga, breath work and movement in this slower pace course.
- **MID-LEVEL YOGA (55 MIN)**
Best for those who have prior experience, learn safe transitions between poses and the vigorous flow of hatha yoga postures.
- **VINYASA FLOW YOGA (55 MIN)**
Awaken your strength, energy and flexibility in a fun atmosphere. Some yoga knowledge recommended.
- **YOGA BEGINNER ORIENTATION (30 MIN)**
Designed for the new yoga student, learn basic yoga poses and technique in this informative and fun class.
- **YOGA CHALLENGE / INVERSION (90 MIN)**
This challenging and fast-paced class focuses on strength and athleticism. Previous yoga experience recommended.

ZUMBA (55 min)

This dynamic and exciting workout combines dance themes with Latin and International music for a fun experience that's easy to follow.

*Westside exclusive class **Fee-based class