


















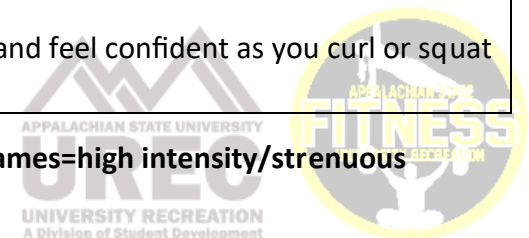
Intensity	Mind & Body Formats
	<p><b>Mindful Minutes (15)</b> This low to no movement class allows you to exercise your brain through guided meditation. After all, the brain is the strongest tool in our bodies.</p>
	<p><b>Gentle Yoga</b> Take time for relaxation &amp; recovery with gentle yoga. Straps and blocks may be used to assist in poses so that you can spend this time focusing on your breathing, your body, and most importantly YOU.</p>
	<p><b>Beginner Yoga</b> Designed for those relatively new to yoga or just beginning their practice. This class will focus on the foundational poses, modifications, and inspire you to grow comfortable listening to your body and breathe.</p>
	<p><b>Yoga</b> Improve your flexibility and balance while working and stretching every inch of the body. Integrating breath and postures will leave you feeling energized and renewed in the body and mind.</p>
	<p><b>Advanced Yoga</b> Take your yoga practice to the next level! This class adds in more strenuous and challenging movements to your typical series. This class is intended for participants that have practiced before and are curious to learn longer sequences and more advanced poses.</p>
	<p><b>SUP Yoga (45)</b> Take your yoga practice to the pool! The instability of the pool adds a new and exciting element to any yoga practice. Don't be afraid to fall in the pool, some moves will make sure you enjoy a splash on purpose.</p>
	<p><b>Pilates</b> Pilates is a form of mind-body exercises that is designed to strengthen, stretch and balance the body. This classic mat-based exercise is designed to assist in providing body awareness, proper posture, flexibility, lean muscle and a strong core.</p>
	<p><b>Extended Yoga (90)</b> All the stretching and strengthening of regular yoga with more time for sinking deeper into each pose and enjoying each breathe. Balance longer and embrace each moment with 90 full minutes devoted to self appreciation and improvement.</p>









**Intensity Scale: 1 flame=light to moderate activity, 2 flames=moderate or customizable difficulty 3 flames=high intensity/strenuous**



Intensity	Cardio Formats
	<p><b>Cycle Express (30)</b> This 30-minute class is the perfect way to wake up or as a quick pick-me-up in the middle of the day! Hop on a bike and let your instructor lead you through a ride that you won't forget.</p>
	<p><b>Cycle</b> Push your limits as you challenge yourself with intense drills set to motivating music. Energetic, inspirational and results-driven, this workout is the ride of your life. This class is a great option for those seeking a challenging low-impact fitness option.</p>
	<p><b>Cycle+</b> All the fun of cycle plus something extra. Instructors get creative and off the bikes for an intense and rewarding fitness experience.</p>
	<p><b>Kickboxing</b> Punch, kick, and block your stress away through this heart-pumping cardio workout! This fierce workout will make you feel stronger and ready to take on the world.</p>
	<p><b>H.I.I.T. (30)</b> Push yourself to a new level with High Intensity Interval Training! This 30-minute class will help you build muscle, burn fat, and find out what you're really made of!</p>
	<p><b>Step</b> Step combines 3-4 choreographed combos on an adjustable step while providing a background in the basic components of step movements. Have fun listening to music and bringing your cardiovascular workout to new heights!</p>
<h2>Strength Formats</h2>	
	<p><b>AppSTRONG</b> In this total body strength training class you'll work all the major muscles of the body to the beat of uplifting music. With each rep and consistency you'll become AppSTRONG.</p>
	<p><b>ABsolution (20)</b> Power, stability and posture all starts with the core. With this class you'll enjoy 20 minutes packed full of a variety of challenging ab exercises that will help to increase your power house endurance.</p>
	<p><b>Upper/Lower Body Blast (25)</b> This quick workout strengthens the upper or lower body muscles to fatigue. Feel the burn and feel confident as you curl or squat your way to more toned muscles improved bone density!</p>

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<b>Cardio + Strength Formats</b>	
	<p><b>AppFIT</b> Challenge your muscular endurance, balance and coordination with Functional Integrated Training that will move you through circuits designed to get you Appalachian Fit and ready to take on all the hills and stairs of our beautiful campus.</p>
	<p><b>Bootcamp (45)</b> Get a full body workout with this high energy full body training experience. This class uses stations set around the SRC track to increase aerobic capacity and muscular endurance to get you ready for anything.</p>
<b>Intensity</b>	<b>Dance Formats</b>
	<p><b>Cardio Dance</b> Dance your stress away with this fun energizing class! Cardio Dance combines current club dance moves and music with high intensity aerobics. No dance experience necessary!</p>
	<p><b>Zumba®</b> With a fusion of Latin and International music, Zumba is an inclusive dance party where everyone and anyone is welcomed! It's so much fun you won't realize the pool of sweat until the end of class. Come salsa, merengue, and cumbia your way to improved fitness.</p>
	<p><b>Barre</b> Barre combines beginner ballet techniques with current music to tone and sculpt the quads, glutes, calves, and inner thighs! No ballet experience necessary!</p>
	<p><b>Bellydance</b> Descending from the ancient Egyptians social dances belly dance also allows participants to travel back in time and simultaneously celebrate the influence of cultural exchange and enjoy a challenging core-centric workout.</p>
<b>Water Formats</b>	
	<p><b>Shallow Water Aerobics</b> Shallow water aerobics is a fun, low impact workout that uses water weights, belts, and noodles to add a little more challenge throughout the class! This is a great option for those who have joint pain but still want a great all-around workout. So come, and jump into an awesome workout.</p>
	<p><b>Deep Water Aerobics</b> Deep water aerobics is a fun, low impact workout that uses water weights, belts, and noodles to add a little more challenge throughout the class! This is a great option for those who have joint pain but still want a great all-around workout. So come, and jump into an awesome workout.</p>

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