

# BVS Group Fitness Classes

**Barre Body Blast:** 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!

**Adrenaline HITT:** A total body muscular conditioning class designed to increase your strength and endurance. You will be utilizing a variety of props and weights through all ranges of motion. Suitable for all fitness levels.

**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.

**Studio Cycle Beats:** An 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.

**Cycle and Core:** An exciting and challenging class with energizing music to help you cover a combination of indoor terrain trails. A shorter version of our cycle beats, after the ride, we spend some extra time working your core!

**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.

**Mindful Mobility:** This yoga-based fusion class refreshes your body and steadies your mind as you increase strength, balance, mobility and flexibility. It is a perfect mid-day movement break from the office and suitable for all fitness levels.

**Power Flow:** In this mind-body power flow, you will focus on alignment while building strength, flexibility, balance and concentration. Prepare to get sweaty and work hard using breathing techniques, flow sequences and to finish, relaxation techniques.