**Barre Intensity**
Barre Intensity combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

**Barre Fusion**
A combination of ballet-inspired postures and range-of-motion movements that build, sculpt and lengthen muscle. Barre classes make use of body bars or Studio 1904’s Ballet Bar.

**BearFit HIIT**
HIIT stands for high intensity interval training. This class alternates intervals of high intensity movements with intervals of low to moderate intensity movements. HIIT workouts are a great way to speed up metabolism and burn calories.

**BearFlex**
This workout challenges all of your major muscle groups using weight room exercises such as squats, presses, lifts, and curls. This training focuses on high reps with low weight loads. BearFlex is designed to transform your body developing strength and endurance.

**Deep Stretch**
Flexibility is an integral part of whole-body wellness. Incorporating stretches into your workout routine can reduce risk of injury and increase overall fitness. Deep Stretch will guide you through a series of stretches aimed to help prevent stiffness, soreness, and injury.

**Energy Sculpt**
An intense mix of cardio, strength and endurance exercises using a variety of equipment to challenge the entire body.

**Energy Step**
Energy Step is an innovative 50 minute HIIT and step class using only body-weight, a step and club music that will push you to new limits. This class will be a perfect fit for beginners or advance step/dance/HIIT goers alike!

**Hip Hop Groove**
Hip hop grooves is a dynamic cardio workout to the tune of all the latest and hottest Hip hop, Latin hop, and top 40 hits. You will find a fun and exhilarating fusion of dance moves that will get your heart rate up, get your sweat on, and have you moving!

**Kpoppin’**
An upbeat dance fitness class centered around Korean pop music and performance. Students will engage in a cardio style dance class in which elements of popular Kpop dance routines will be incorporated.

**Jump Rope Conditioning**
Jumping rope builds stamina and endurance, which is why it’s the go-to for a lot boxers and pairs perfectly with your boxing workout. This class will help with conditioning to help build speed, agility and training footwork.

**POUND**
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**South Asian Grooves**
South Asian Grooves fuses South Asian music and moves with hip hop grooves. Jam along to international pop and hip-hop hits as we alternate between high and low intensity moves to maximize your workout.

**Strength & Flow**
This class combines building strength through light weights and body movement as well as incorporates a beautiful flow that stretch and lengthen your muscle. This beautiful fusion of strength and flow along with some upbeat and fun music is the perfect combination for those who are beginner yogis and weight lifters as well as caters to those with more experience.

**Tabata**
Tabata training is a high intensity interval training (HIIT) workout, featuring a rotation of exercises that last four minutes each. Each exercise features 20 seconds of intense work followed by 10 seconds of rest for eight rounds.

**TRX Total Assets /TRXpress**
TRX suspension training is a bodyweight exercise that develops strength, balance, flexibility and core stability. TRX classes make use of specialized straps that allow you to adjust your body position to control your level of resistance.

**Turbokick**
The ultimate cardio-kickboxing experience, Turbo Kick is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body sculpting HIIT moves choreographed to the hottest music mixes.

**Urban Kick**
This dynamic workout combines cardio kickboxing with high intensity athletic drills to sculpt your most important assets. You will punch, kick, and sweat your way to increased strength and power while burning calories in this unique cardio workout.

**Zumba**
Zumba is a dance-based class that features aerobic interval training to the tune of Latin and international music mixed with today’s hits.
**BOXING CLASSES**

**BearFit Boxing**
BearFit Boxing is an intense full body workout that combines heavy bag training with dumbbell and body weight movement. This class will help to strengthen and tone your arms, legs, back and core while giving a boost to your stamina and confidence.

**Open Studio Boxing**
We are leaving our boxing studio open for one hour to allow our members to come in and focus on their boxing techniques. Shoes and boxing gloves are still required during this hour of open work.

**CYCLING CLASSES**

**Cycle Express**
Cycle Express is a regular Dark Room Cycling class condensed into a 30-minute format.

**Cycle IQ**
This class follows the same format as a regular Bearfit Cycling class, but makes use of Performance IQ Leaderboard on The Dark Room’s display monitors. Performance IQ measures and displays your ride analytics in real time, allowing you to track your progress as you go.

**Dark Room Cycle**
Get ready to party in our Dark Room Studio and get a full body workout on your bike! This very addictive class puts a focus on strengthening your core muscles (rather than simply peddling your legs) and working on upper body movements. This combination along with rock star music and a high energy instructor will encourage you to push yourself to the next level, giving yourself one serious cardiovascular workout!

**PILATES CLASSES**

**All Equipment Pilates (Paid class)**
We have moved some of our Pilates equipment to Sumers to offer a unique blend of reformer, chair, MAT, MOTR, and TRX-Suspension Training! This class provides participants the experience of combining our Pilates techniques on several apparatuses to re-align their body, strengthen underutilized postural & stability muscles and improve flexibility.

**MAT Pilates**
MAT Pilates is a way to stretch and strengthen your body, primarily the muscles of the core. This methodology borrows from disciplines such as dance, yoga and classic calisthenics all on a mat.

**Premium Pilates (Paid class)**
These classes will focus on reformer and chair work at South 40 Fitness Center. The reformer provides the instability of a rolling carriage with the springs set at different levels of resistance provides all kinds of stability challenges that develop core strength & promote better balance.

**YOGA CLASSES**

**Hatha Yoga**
Gentle, mindful, meditative, and appropriate for students of all levels, Hatha Yoga features standing poses and longer held seated postures but no vigorous sun salutations. Hatha is perfect for stress relief and overall well-being. *Mixed Level*

**Power Flow Yoga**
The flow is based on the Baptiste Power Vinyasa sequence, which emphasizes strength, balance and flexibility. Be ready to sweat, flow, focus, and grow. *Mixed Level*

**Restorative Yoga**
Restorative yoga is all about healing and restoration of the mind and body. It features longer poses, but with more focus on relaxation rather than flexibility. *Level 1-2*

**Vinyasa Flow Yoga**
This class focuses on connecting breathing with movement into different poses. This is a fun, athletic form of yoga that will lift your spirits and energy levels while increasing flexibility, strength and balance. *Level 1-2*

**Gentle Flow Yoga**
Slow Flow combines elements of Hatha, Vinyasa, and Restorative yoga to mindful balance effort and ease. Classes are well-rounded yet mellow and include static poses and breath-to-movement sequences. You can expect elements of gentle stretching, strengthening, and balancing. *Level 1*

**Yoga Sculpt**
Yoga sculpt combines strength training with yoga. This class will help you boost your metabolism and build lean muscle mass as you move to upbeat tracks. You’ll combine free weights with CorePower Yoga sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls. *Mixed Level*

**Level 1-2**
These classes are designed to introduce new and continuing students to the foundations of alignment, breath work, primary poses, sequences and variations. Level 1-2 classes are intended for the student who has practiced yoga before and wants to build on his or her yoga skill set.

**Level 2-3**
These classes are designed for intermediate to advanced practitioners. We recommend that you have a solid practice and understanding of intermediate yoga postures and breathing techniques. These classes are exciting, challenging and great for those who are ready to take it to the next level.

**Mixed Level**
These classes are open to all levels of practice. Your instructor will give you options and modifications throughout the class. More complex poses may be introduced for advanced students, while beginners can work at their own level and work towards what’s next.