

# BearFIT

## 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 Cycling

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!

## 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**

### Intermediate Yoga

You should have a good understanding of the basic yoga postures as well as the relationship between breath and movement before taking this class. This class will take your basic yoga poses and expand to wider variety of poses and styles. **Level 2-3**

### 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**

### 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.

### Vinyasa/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**

### Slow Flow Yoga

Slow Flow combines elements of Hatha, Vinyasa, and Restorative yoga to mindfully 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**

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## OTHER CLASSES

### 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 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.

### 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.

### Cardio Barre

This class takes movement patterns from a traditional barre class and kicks it up a notch. You'll engage your core with Pilates movements and ramp up your heart rate by moving to the beat of the music.

### 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. From the chill playlist to the dim lighting this class will ease your muscles and your mind!

### Energy Sculpt

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

### Hip Hop Groove

This high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

### Pilates/MAT Pilates

Pilates is a technique that addresses core strength, muscle endurance, range-of-motion/flexibility, joint stability, balance, coordination and more. This strength training class is a blend of Pilates MAT, stretching, body weight exercises, stability balls, resistance bands and weights.

### Street Jazz

Street Jazz is a fusion of commercial jazz, hip-hop and street. This stylization of dance gives the participant an aerobic dance class to all of the latest and hottest R&B, Hip-Hop and top 40 hits.

### Strength in Dance

Come for the strength, stay for the dancing or come for the dancing, stay for the strength—either one is fine with us! This class will blend barre, Pilates and sculpting strength moves with dancing to the latest pop music. Work your muscles, test your endurance, and dance in this fusion class.

### 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 Suspension Training Classes (TRXpress, TRX Total Assets)

Born in the Navy SEALs, 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.

### 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. This class mixes fast and slow rhythms to tone and sculpt the body.