BANG
Named for the signature “5-4-3-2-BANG!” group countdown during the peak songs of class, Freedom BANG is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance, and body weight training in a pre-choreographed class.

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 Barre
This class is a hybrid workout class, combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Class will incorporate a ballet barre and use classic dance moves such as piles, alongside static stretches.

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.

BearFit Strength
This class is designed to focus on your muscular strength and endurance. This class will utilize a mixture of dumbbells, resistance bands, kettlebell, and body weight. Each class will begin with warm ups and then move through complementary circuits to ensure a total body strength training session.

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.

Body Sculpt
This well-rounded, low-impact, workout uses free weights, resistance bands, body bars and your own body weight to strengthen all major muscle groups. It is designed to define, shape and tone your body.

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 Flow
This fun class blends high energy music with strength training and yoga-inspired moves to increase your strength, flexibility and endurance. Each sweat session mixes bursts of exercise with short periods of rest to boost your energy and metabolism throughout the day.

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.

POUND
Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and Pilates inspired movements.

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.

Street Jazz
Street jazz is a mix of fast, intricate footwork, graceful spins and acrobatic floor moves. This genre of dance works on dancer's creativity, their understanding of the music and their energy, fusing traditional jazz with hip hop.

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.

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.

CONTINUED…
**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.

**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.

**YOGA CLASSES**

**Ashtanga Infused Yoga**
This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many Vinyasas, is great for building core strength and toning the body.

**Gentle Flow Yoga**
Gentle 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.

**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.

**Intermediate/Advanced Vinyasa Flow Yoga**
This class emphasizes breath and body alignment. This Vinyasa class will improve strength, stamina, and flexibility while having fun in the flow. A vigorous, eclectic blend of flowing postures will allow you to challenge your body while being playful and mindful in your practice.

**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.

**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.

**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.