

SPINNING/CYCLING CLASSES

Induro Canyon Lake



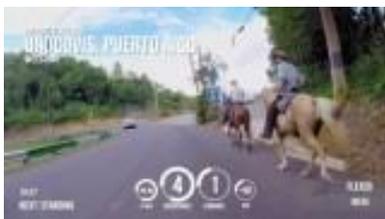
Ride alongside this popular reservoir of the Salt River and be part of the Superstition Wilderness of the Tonto Nat'l Forest. The beautiful Boulder Canyon Trail runs through this area.

Induro Loch Leven



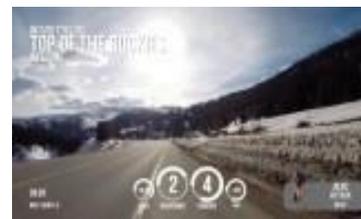
Travel the circuitous route around the lush banks of this sea lake on the west coast of Scotland starting over the Ballachulish Bridge.

Induro Orocovis Puerto Rico



This area called Remembrance of First Mountain by the original Indian dwellers is not only the Geographical Centre of Puerto Rico but also the Heart of Puerto Rico. This central mountain range has inspired so many songs and singers it is called the Musical Capital of Puerto Rico.

Induro Rockies



This ride is big climbs and quick descents as you ride to elevations over 14,000 feet. Beautiful snow-capped mountains and amazing high elevation scenery make this a one of a kind ride. Full Body, Beat Based Ride.

The Sufferfest - Nine Hammers



You'll take on nine VO2 and Threshold intervals, lasting from 3 to 4.5 minutes, racing with the pros as you immerse yourself in on-bike and broadcast footage from the Tours of Romandie and Switzerland. You'll find yourself wondering whether you can hold on, but the brilliant balance in this workout means you'll surprise yourself again and again with how hard you can push yourself.

The Sufferfest - Thin Air



You've struggled up the eight minute slopes of Angels. You've clawed your way to the top of the 20 minute climb in The Hunted. Now comes your greatest challenge: proving that you're a true cycling legend by emerging victorious at the summit of Thin Air's 40-minute climb.

GROUP EXERCISE CLASSES

Doonya TBW (30 mins)



Doonya, which combines high-energy aerobics and conditioning with the hip-swaying, arm-swirling exuberance of Indian folk, pop and classical dance, is a Bollywood-based workout that experts say can be fun and effective.

Dance and Sweat 1 (50 mins)



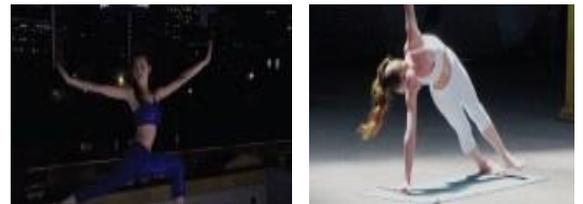
A high intensity class that's fun and exciting! You will be worked hard from head to toe following choreographed moves to copy on screen.

Piloxing Total Body (30 mins)



Spend 25-minutes boxing, plyometric and functional training while utilizing Pilates principles. Increase your fitness level, boost your confidence and strength, break boundaries and gain results. This workout improves fitness levels for beginners while it maintains and builds endurance for intermediate and advanced athletes.

Yoga/Yoga Warehouse (45/60 mins)



In these classes, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

Taebo Shred (60 mins)



This is high cardio plus hard-core strength training for a total body workout that really shreds. More jumping! More explosive techniques! The biggest fat burn yet! You can trim down quickly as you tone and tighten all over.

Xtreme Burn HIIT (30 mins)



A total body, high intensity workout that is a fast paced combination of dynamic functional strength moves and intense bursts of cardio. Modifications are provided, so no matter what fitness level you're at, you will get the most out of this program.

GROUP EXERCISE CLASSES

Doonya Cardio (20 mins)



Get Fit.Be Happy.
Smile through your workout with the hottest new dance fitness phenomenon!
As you sweat and feel the burn, they will keep a smile on your face.

Dance and Sweat 2 (50 mins)



A high intensity class that's fun and exciting! You will be worked hard from head to toe following choreographed moves to copy on screen.

Tone it Up Total Body Workout (35 mins)



Get ready to WORK it! Join Karen and Katrina with 2 routines that help define your total body, sculpting every inch from head to toe. You're going to feel that amazing burn in your arms, abs, legs and bum.

Xtreme Burn AbsCore (30 mins)



In this Abs/Core workout led by YouTube fitness superstar, Kym Nonstop, this 20-minute workout goes above and beyond what you expect in an ab routine. Sculpt, lengthen and define your core for a tighter and sexier midsection. You'll see exactly how she earned the name, Kym Nonstop.

Xtreme Burn HIIT 60 (60 mins)



This is high cardio plus hard-core strength training for a total body workout that really shreds. More jumping! More explosive techniques! The biggest fat burn yet! You can trim down quickly as you tone and tighten all over.

Xtreme Burn Diesel (30 mins)



The workout starts off with a dynamic strength portion, utilizing traditional strength moves paired with functional compound exercises. That's followed by an intense, heart pumping, fat burning, all-out cardio blast. While you're still breathing hard and heavy, we'll move into one more strength portion to really push your limits.