

CLASS DESCRIPTIONS www.ridgeathletic.com

Group fitness classes are a great way to improve your health, meet other members, learn new skills, and receive an effective & efficient workout from a motivating & certified instructor. Fun & variety are keys to long-term fitness, so The Ridge encourages you to take a variety of classes from a variety of instructors. This list is designed to help get you started or expand your fitness routine. Beginners & new participants are always welcome and encouraged to participate.

AQUA FIT – A fun class providing low and high impact alternatives to traditional land exercise. This class varies in intensity levels to increase endurance, power, and strength. Designed for all levels of fitness.

AQUA ZUMBA – A Latin inspired fitness class performed in the pool. It's fun, it's different, it's easy, and it's effective!

BACK-N-BALANCE – A class designed to improve spinal and hip strength, along with balance and coordination.



BODYATTACK A High-energy interval training class combining athletic aerobic movements with strength and stabilization exercises.



BODYPUMP This barbell class will sculpt, tone, and strengthen your entire body, fast! If you are new to Body Pump, please arrive at class 10 minutes early for set up.



BODYCOMBAT An empowering cardio workout inspired by mixed martial arts, including karate and boxing. Unleash your inner warrior!



BODYFLOW A Yoga, Tai Chi, and Pilates inspired workout leaving you long, strong, calm, and centered. Feel balanced.

CARDIO PARTY – This is one party you don't want to miss! This class is a fusion of fast and slow dance rhythms designed to tone your body and increase your cardio fitness while having a great time!

CHAIR YOGA – The whole body will move through a series of seated and standing postures to increase flexibility, balance and range of motion. Breathing and relaxation will promote stress reduction and mental activity.



COUNTRY HEAT- Great country music combined with simple line dance inspired moves create a fun workout you'll love!

CYCLE BURN-An indoor cycling class based on outdoor terrain. Sign up is required prior to class. Rides are categorized as intervals, free ride, and power. Monthly schedule is posted at cycling room. Please bring water and a towel.

CYCLE PUMP- This class involves intervals of cycling and strength using hand held weights.



CXWORX A quick, efficient 30 minute core strengthening workout that will tighten and tone core muscles, while improving functional strength

FOREVER ACTIVE – This class focuses on improving functional skills required for everyday activities. Exercises are varied from class to class & may include cardio, strength, balance, coordination, and flexibility. Beginners are welcome!

MULTI-LEVEL STEP: Cardio step class combined with conditioning and core moves. All levels welcome.



OULA ONE- A heart-based musically inspired multi-level yoga class



OULA POWER- A high energy cardio class combined with conditioning tracks designed to power you up!

PEAK ALIGNMENT- This mat based class will teach you to decrease stress on your joints by applying alignment principles to every activity.

PILATES –Strengthen while stretching your powerhouse muscles: abs, gluteals and lower back. Help improve alignment, coordination and balance. Props can also be used in this class.

TAI CHI – A slow moving meditative class, balancing the mind and body while cleansing internal organs. Great for beginners!

TOTAL BARRE – It's new, it's fresh, it's fun for everyone! Integrating the elements of Pilates, dance, cardio, and strength training, Total Barre is a total body workout designed for all levels of participants. No experience required.

XPRESS CLASSES- 30 minute classes designed to work you hard in a short period of time.

VINYASA FLOW YOGA – A high energy, active yoga class that uses a flowing series of poses to create heat. Designed as an intermediate level class, each participant moves at their own pace. Yoga Intro/Level 1 yoga recommended for beginners.

POWER VINYASA YOGA – A fast moving powerful vinyasa yoga flow class focusing on alignment, transitions, strength training and deep openings.

YOGA SCULPT – A fast-moving, powerful vinyasa yoga class that incorporates light weights, plyometrics, & core work.

GENTLE YOGA- This class moves at a slower pace focusing on gentle repetitive movement for range of motion and joint mobilization. It is especially recommended for those with arthritis, fibromyalgia, and physical limitations. All levels are welcome.

YOGA- LEVEL I - Beginners welcome! This class focuses on the basic poses of yoga and moves at a slower pace than the Multi-level practice. Detailed instruction is given on alignment, breath control, and functional movement.

YOGA – MULTILEVEL - Increase your strength, flexibility and stamina with an active yoga practice! A variety of options are given throughout the class to allow each participant to work at an intensity level that's right for them.

MORNING YOGA FLOW – A Multilevel yoga practice to awaken and energize the body & clear the clutter of the mind. Develop strength, flexibility & balance to move into the day feeling centered with a sense of power, ease & grace



ZUMBA –A Latin-inspired, dance/fitness class. It combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a blended balance of cardio and muscle-toning benefits. It's fun, it's different, it's easy, it's effective!