



**All Terrain Ride:** Guided 45 minute ride on flats, hills & intervals. EXCELLENT cross training for your lower body! Classes are geared towards any fitness level! You'll be an addict within 3 classes!  
\*Please be on your bike 5-10 minutes prior to class and bring water!



## GROUP FITNESS CLASSES

**H.I.I.T. BASICS** Develop the strength and skills used in high-paced intervals and circuits! The class will target areas such as the glutes, legs, arms and core with easy-to-follow movements. FUN AND INTENSE!!

**H.I.I.T.** Tabatas, circuits, running & fast paced interval work - Combines speed and functional lifts in a high-intensity atmosphere. BURN BURN BURN!

**BOOTCAMP** Fast paced and intense!! BOOTCAMP is a strength and conditioning class built on varied functional movements executed at high intensity.

**Step Intro** Intro to Step! 30 minute class teaching the fundamentals of step choreography. This class starts with the basics and builds your confidence to join in StepRock if you so choose! Pair this class with either HIIT Basics before or BARRE just after.

**STEP** Enjoy great step choreography mixed. This is a high energy class with layered choreography that conditions your cardiovascular system and challenges your brain and body!

**PILATES** Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

**HIGH** High Fitness is an aerobics class that using body weight only. High is adaptable to all body types and everyone can participate!

**BARRE** This class integrates the use of the barre, light weights and various props. Each class includes several highly effective sequences of toning and resistance exercises. CREATE LONG, LEAN MUSCLES!

**STRONGMAN** Full body functional training. Atlas Stones, Log Press, Yolks and so much more!

**RESTORATIVE YOGA** Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate or all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing

**YOGA** All levels welcome. Fast paced dynamic form of yoga, where postures are linked with breath; building heat, mobility and integrated strength. Expect to work hard and then relax into savasana.

### NIAC'S X FIT

XFit is NIAC's Strength & Conditioning program, taught by a USAW Coach (Olympic Weight Lifting). The skills being taught and practiced are functional, skill-oriented, and varied. This style of exercise/lifting is not for everyone but is becoming more and more popular in the exercise community, and we think for good reason!

HOW IS XFit DIFFERENT THAN HIIT or BOOTCAMP?

This class is specifically designed to teach you the foundations of the Olympic lifts as well as gymnastic rope/ring work. Olympic Lifts will tax your neurological motor patterns as well as physical capabilities. The coaching in XFit is focused more on one-to-one coaching and skill development.

**NO PRE-REQUISITES REQUIRED FOR CLASS ATTENDANCE ... ALL ARE WELCOME**