

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, however all classes are at your own risk.

Barre Sculpt - A strong focus on strength & toning. Sculpt weaves in hand weights & other equipment and targets building strength & cardio. Expect Barre & Pilates movements!.

BodyFit - Where strength training AND cardio come together, giving you a total body workout. Creative strength intervals are sliced with laps around the track or stair walks - sometimes even a rowing machine. It's fresh and never the same routine but ALWAYS a great pump and burn workout.

Bootcamp - An effective, time-efficient workout blast. This workout builds lean muscle with big multi-purpose moves that work the entire body.

Cardio Bosu– Join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

Cycling - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

LOCALspin - Not just for locals! Our LOCALspin will mimic all your favorite Park City trails.

Rythm Cycling- High energy, beat based, choreographed ride.

eLIGNABAR®- A fundamental core strength and stability class using the light-weight eLIGNABAR® that promotes correct spinal alignment while targeting core muscles to achieve overall conditioning.

Pain Free Posture - This class, taught in the egosque method, puts your body into correct postural alignment through a series of exercises that will improve function, reduce compensations, and return your body to its original functional blueprint.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Strength & Conditioning - Focus on fundamental movement patterns; squat, hinge, lunge, push, pull, carry and locomotion. These movement patterns build strength and reduce risk of injury.

Stretch/Mobility/Foam Rolling - These classes are essential for injury management and sustaining your favorite activities.

Deep Stretch & Myofascial Release - Unwind, restore, and release tension in this functional movement-based class designed to target the body's connective tissue and fascia. Through longer, supported stretches and simple mobility drills, we'll open up commonly tight areas. Using props such as therapy balls, blocks, and straps, we'll incorporate gentle myofascial release techniques to hydrate tissue, improve circulation, and enhance recovery.

Tabata - Push your body to it's limits during work intervals. Improving cardiovascular fitness, muscular endurance, and metabolic rate.

The System-Self Defense - The System is more than self-defense. It is a journey into how to best deal with conflict of all types. The System will help you discover how your internal state can help to de-escalate physical attacks through awareness, breath, and free movement. Each month will focus on a new topic.

Timeless Strength - Enhance your active lifestyle with this functional training class. Improve strength, mobility, and balance using optional equipment like wall barres, weights, bands, balls, and chairs. Strengthen your legs, core, and upper body for a total body workout.

Total Body & Barre sculpt- A dynamic combo of Pilates, Barre, and Strength Conditioning

Après Yoga - Wind down after a day on the snow with a gentle flow, focusing on restorative movement.

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Hatha Yoga - emphasizing the deep connection between body, breath, and mind. Strong focus on alignment in traditional poses. Build strength, explore range of motion, and create more ease in this all levels class.

Power Yoga - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in everyday life. You are guaranteed a workout and will feel more empowered upon leaving.

Vinyasa Yoga - A mindful class for all levels. Focus on breath and alignment provides students the opportunity to make the class their own. Everyone is welcome!

Walk & Talk - An all abilities social walk around the track. Participants can stay with the group or walk at their own pace. Your goal is 7 laps!