FITCITY CENTER
SPANISH FORK

FITNESS CLASS DESCRIPTIONS

CYCLE
A low-Impact, high-intensity workout that takes place inside an indoor cycling studio on stationary bikes. This class focuses on endurance, strength, intervals, high-intensity, and recovery.

UJAM
A high-energy dance-cardio workout blending urban moves with global beats for a fun, full-body exercise.

HIGH FITNESS
A modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks. This format uses simple, set choreography and will become the cardio workout you never dread.

ZUMBA
An aerobic fitness program that incorporates cardio and Latin-inspired dance to upbeat music. With this format, you'll be ready to dance your way to fit!

UPBEAT LIFT
High-energy choreo focusing on strength training, combining heavy weight lifting with endurance work to build muscle and power set to popular music for a fun, motivating experience.

HIGH/LOW
High Fitness with a LOWer impact, steady-state cardio workout. Experience low-impact aerobics in a non-stop, feel-good mix of cardio and toning tracks.

STRENGTH TRAINING
A structured fitness class designed to improve muscle strength and endurance through controlled exercises that work muscles against resistance.

HIIT
(High-Intensity Interval Training) involves alternating between short bursts of intense physical activity and brief periods of rest or low-intensity activity.

PUMP
A high-energy, barbell-based group fitness workout that uses light-to-moderate weights and high repetitions to build strength, tone muscles, and improve endurance.

CARDIO FUSE
This workout blends elements of different disciplines like kickboxing, aerobics, plyometrics, resistance training, and core work to create a full-body, high-intensity experience.

SILVER SNEAKERS-CLASSIC
A fitness class for seniors that focuses on strength, flexibility and range of motion using different equipment. This program aims to help you stay active and improve your quality of life.

SURGE FIT
A Surge Fit class is a HIIT workout that combines cardio and strength training, set to music. This class is designed to burn calories and tone the body.

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UPBEAT BARRE
This format moves at a slightly faster pace than traditional barre, offering a low-impact, muscular-endurance workout designed to tone, lengthen, and strengthen your muscles

BARRE
A low-impact, high-intensity workout that focuses on strengthening, toning, and lengthening muscles using a combination of ballet, Pilates, yoga, and strength-training principles.

SCULPT & STRETCH
This class combines classic core, strength, and alignment exercises with the rhythm and flow of upbeat music followed by a long stretch.

UPBEAT PILATES
A class that combines traditional Pilates principles with rhythmic choreography set to popular music. The 50 minute classes provide a full-body, low-impact, muscular-endurance workout

MAT PILATES
A low-impact workout that focuses on strengthening the core, improving flexibility, and enhancing body awareness through controlled movements and precise breathing.

TAI CHI
A Chinese martial art combining slow, flowing, continuous movements, controlled breathing, and meditation for health, & relaxation rooted in Taoist principles of yin and yang balance.

SURGE STRENGTH
A high-repetition, music-driven fitness class using dumbbells to shape and tone muscles. These full-body workouts focus on targeting specific muscle groups.

KICKBOXING
A high-intensity, total-body workout combining martial arts punches, kicks, and knee strikes with cardio and strength training focusing on coordination, power, and fat burn.

POWER PILATES
A strength-focused workout that combines controlled movements, core work, and muscular endurance to build strength, improve flexibility, and enhance balance.

STEPIT STRENGTH
A high-energy, low-impact group fitness class that modernizes traditional step aerobics by combining simplified choreography with high-rep, light-weight strength training.

ADAPTIVE STRENGTH
A strength & movement class tailored to individuals with physical, sensory, or cognitive disabilities.

YOGA
This format focuses on connecting the mind, body, and spirit through a series of poses, breathing techniques, and meditation. It's designed to improve strength, flexibility, and breathing.

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YOGALATES
Yogalates is an active fun hybrid workout that blends the core-strengthening precision of Pilates with the flexibility, breathwork and flowing movement found in yoga.

AQUA ZUMBA
A water-based Zumba workout that combines Latin music and dance steps with the natural resistance of water. It's a fun, low-impact, high-energy class that provides a full-body workout.

KIDS FITNESS
These classes are designed to introduce children (ages 4-10 years old) to physical activity in a fun and engaging way. Kids Zumba and Yoga classes will be on rotation each week.

DEEP WATER AEROBICS
A low-impact, high-intensity workout targets the entire body, including the core muscles, arms, and legs. This class takes place in the deep end of the pool.

AQUA HIIT
A water-based fitness class that uses HIIT combining short bursts of intense exercise with periods of rest or lower-intensity activity.

DANCEFIT
Mid to low impact dance fitness designed for all levels.

FITCITY SPLASH
A low-impact, water-based fitness class that is designed to provide a gentle yet effective workout to help improve joint pain and stiffness and helps improve mobility, strength and flexibility.

SOUND BATH/MEDITATION
An immersive & meditative experience while lying down to promote deep relaxation, reduce stress, and rebalance your body's energy through soothing vibrations and frequencies.

SHALLOW WATER AEROBICS
A low-impact workout, building strength and cardiovascular fitness while being easy on the joints and muscles. This class takes place in the shallow end of the pool.