

Class Descriptions

Balance & Tone – Improve your balance plus shape and tone muscles for a firm and steady body.

Barre None - The athlete and dancer meet in the studio. Specially designed exercises for “center barre” to leave you toned from heart to toe.

Belly Dance- Your curves are beautiful especially when you learn how to move with Middle Eastern style! A delightful treat for every level. Skirts or scarves not required, but if you have one, feel free. Exercise attire is fine. No shoes. Just bring your inner beauty.

Bounce Circuit – Perfect for the new comer or accomplished exerciser! Build aerobic endurance while rebounding on a mini-trampoline; build strength, tone and balance between sets of rebounding.

Cardio Mix - A little bit of all things cardio: step, Bosu, rebounding and/or low impact customized for you.

Cardio Kick(box) - Learn punches, blocks and kicks in this high-powered martial arts-inspired aerobic class.

ETHOS POWER CLASSES FEATURED in the BERGEN RECORD!



EthosPower - *Our signature interval training class* alternates innovative cardio moves with weight training exercises. Instructors change the routines and equipment to keep workouts fresh and challenging.

Power Box – The cardio of EthosPower coupled with boxing drills.

Power Camp – EthosPower meets Boot Camp – the ultimate calorie burner!

EthoSpin - Indoor cycling that simulates an outdoor bike ride set to music. Non-impact, endurance-building workout appropriate for all levels. Please arrive 10 minutes early for your first class. This allows the instructor to properly adjust the bike for you!

Gentle Yoga – Perfect for beginners or those with conditions requiring lighter fare.

Give Me Strength – The weight room comes to the classroom in this customized strength training class, designed by women for women, this workout promotes muscle and bone health. You'll feel great on the inside and look buff on the outside.

Hatha Yoga Basics – Traditional yoga class stressing the foundations and modifications of each posture.

Hatha Yoga - Taught in a traditional style, with held asanas (postures) and pranyama (breath work).

Hatha Yoga II - This class takes your Hatha Yoga practice to the next level.

Pilates - (Mat) Benefit from postural awareness, breath work, core strengthening and flexibility. Pilates mat exercises focus on your "center," (abdominal, waist, lower back and hips).

Spin & Sculpt – Don't just spin your wheels; add toning exercises for a total workout. Ideal for virgin spinners.

Vinyassa Yoga - A flowing style of yoga that moves from one pose to the next. Feel a calm state of invigoration.

Waist Management - Need to recycle your middle? This quick workout targets your abs from every angle. A perfect complement to any workout.



ETHOS ZUMBA! CLASS FEATURED ON CBS NEWS!

Zumba! - A fusion of Latin and International music, Zumba! uses dance themes to create a dynamic, exciting, effective workout.

Classes and instructors are subject to change without notice.

Please wear shoes to and from the group exercise studios.

Please inform the instructor if it is your first class, if you are pregnant, have a medical condition or a change in a medical condition.

Water and towels are recommended. Water in closed containers; no glass please.

Have a great class!