

CLASS DESCRIPTIONS

** Indicates classes appropriate for all levels*

- Body Ball*** This class will use the ball complimented by other resistance equipment to effectively challenge your stabilizing muscles and promote "inner" strength.
- Body Blast!*** The ultimate circuit workout, with high intensity short bursts of cardio and muscular strength and endurance.
- Bootcamp Circuit*** Ignite your metabolism in our circuit style class with total body focused stations that will help get you into shape while having fun, meeting new people and challenging yourself!
- Cardio/Pump Interval** Alternating cardio and weights will help to boost your metabolism by spiking the heart-rate and muscle "pump" in this action-packed class! All levels welcome!
- Cardio Combo*** A great split of cardio/strength training will work your heart rate using step/hi-lo/athletic drills and a variety of exercise techniques to strengthen/tone your body.
- Cardio-tone*** Easy to follow dance moves combined with optional light hand weights gives you great cardio conditioning and will help you redefine your body!
- Complete Mix*** 25 minutes of cardio, 20 minutes of strength and core, followed by a relaxing 15-minute stretch/flexibility segment. An "all-inclusive" class for maximum results!
- Core*** Refresh your system! Improve balance, posture and core strength by using dynamic and static strengthening exercises for back, hip and abdominal (torso) muscles including the use of unstable surfaces, other equipment and your own body resistance!
- Cycle/Core*** Enjoy a 45 minute ride, followed by excellent core conditioning exercises to ensure all your energy systems are "REVVED"! **Space is limited! Please register at reception.**
- Easy Variations** Easy paced, but functional fitness for beginners, pre/post natal moms and seniors. Includes cardio, strength and flexibility/relaxation exercises.
- HIT** **** 30 Minutes (High Intensity Training) !Advanced!** A full body challenge based in the anaerobic state and designed for the advanced participant spike the metabolism for maximum results "beyond the plateau"
- Kickbox Combo*** This invigorating class will get your heart AND your muscles pumped with a mix of kick-box inspired cardio moves and strength training for the ultimate balance in fitness training!
- Multi-Step** Double, Triple, Quad-Step. Beat the "same old step routine" in this multi-directional Step class that will keep your mind stimulated as well as your body!
- Power Hour+** Get ready for the weekend in this **70 minute** intense workout! 45 minutes of cardio followed by intense strength & core work and an extended stretch.
- Power Pedal*** ****45 minutes** Get a great cardio workout in this "Ride Only" cycle class. **Space is limited! Please register at Reception.**
- REPS** Re-define your body in this **strength & toning** class! With use of barbells, dumbbells and various resistance training, you can get the results you want
- Step** Choreographed step class, fun for the mind and great for the body!
- Step 1** Designed for the less experienced stepper---simple, easy to follow choreography.
- ZUMBA*** "Ditch the routine, join the PARTY!" This exciting Latin-based dance class will get your heart pumping and bring out you inner "Mamacita!"
- Zumba Toning*** Let the fun music of Zumba move you while you "shake" and lift your way to a firmer, leaner body with the use of light weights or "Toning Sticks"

MIND BODY offerings:

YOGA*

Yoga Flex*/ Dance Infusion* - A total body enlightenment that fuses the disciplines of Yoga, Pilates, Fitness and Dance. These classes will help you improve your balance and alignment. In addition, create a stronger back, sleeker abs, leaner legs, stronger arms AND a firmer body.