

# CLASS DESCRIPTIONS

**BARRE?** Ballet bar, Fit Ball, & Stretch all in one class. Increase flexibility & Core strength.

**CARDIO SCULPT** Basic step & Sculpting. Your muscle strength and endurance will be tested using weights, bands, ball and cardio on the step. A total body workout.

**CIRCUIT TRAINING** A fast paced class using weighted equipment and intense cardio. Improve muscle tone and definition, while improving cardiovascular fitness.

**CORE ROLLER & STRETCH...ING** A safe way to work on core stabilization to regain and maintain balance. A comprehensive, non-aggressive, body strengthening and stretching workout for increased flexibility and better posture.

**CARDIO FUNK** Put a little dance back into your workout. Easy to follow and fun.

**FREE WHEELING & BIKE FIT** High-intensity stationary cycling workout. Sure to get your heart beating

**GENTLE YOGA** Awareness of body alignment, moving through a variety of postures designed to awaken, stretch & strengthen every muscle group while going at a slower pace.

**GROUP PERSONAL TRAINING** A 1/2 hr workout in a small group setting. Learn new exercises, meet other women and have fun!!! (FEE CLASS) 4 weeks \$60 or \$20 drop in.

**JUST ABS** 30 minute class designed to tighten & tone your core & abdominals

**PILATES** A good core workout focusing on strengthening, conditioning and balance training

**PLYOJAM** An innovative fitness method that seamlessly blends easy to follow, Hip Hop dance moves with short, fast, explosive movements for an increased calorie burn.

**SCULPT & CYCLE** 30 mins of sculpting with weights and 30 mins of cycle all in one class!!

**SCULPT & FIT** Dumbbells, floor & stretch work, designed to maintain fitness & achieve definition & flexibility. It is specially designed to accommodate and challenge all fitness levels.

**STEP & SCULPT** Basic step & Sculpting. Your muscle strength and endurance will be tested using weights, bands, ball and cardio on the step. A total body workout.

**TABATA INTERVAL** Intense cardio in short intervals, strength training, core work, and balance. Get ready to take your body to the next level.

**TRX CIRCUIT** *Suspension Training* develops strength, balance, flexibility and core stability simultaneously. TRX *training* leverages gravity and the user's body weight. You will move from exercise to exercise with minimal rest.

**XFIT BOOTCAMP** Cardio fitness, endurance, strength, flexibility, power, speed & agility training. Improve coordination, strength & balance all in one class!

**YES YOU CAN!** Strength and cardio training all in one. Geared for All fitness levels.

**YOGA** A physical, mental, and spiritual discipline. Good for improving strength & flexibility.

**YOGA TONE** A fitness approach specifically designed to increase strength, endurance, flexibility, with focus on patience. Combines traditional sustained postures (Hatha) & breath (Pranayama).

**Zumba** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. GET THE PARTY STARTED!