

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

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!