

# 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.

**Conscious Flow Yoga** Awareness of body alignment principles, moving through a variety of postures designed to awaken, stretch & strengthen every muscle group.

**Core Roller** A safe way to work on core stabilization to regain and maintain balance. A comprehensive, non-aggressive, body strengthening workout.

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

**FREE WHEELING & BIKE FIT** A high-intensity stationary cycling workout.

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

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

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

**PILOXING BARRE** This class will tone, lift and strengthen your muscles using, dance, Pilates, boxing and ballet barre.

**Pilates** A core and 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** A dumbbell, 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.

**STRETCH...ING** A whole body workout for increased flexibility and better posture.

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

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

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

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

**Zumba** A blend of contagious and easy-to-follow choreography set to upbeat Latin music.  
**GET THE PARTY STARTED!**