

## CLASS DESCRIPTIONS

**20/20/20** - Combine cardio conditioning, body sculpting, core strengthening and stretching to tone your body and build endurance.

**Body Combat** - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**Body Infusion** - A combination of strength, balance and flexibility combined with massive core conditioning and, of course, loads of energy! You will experience the workout of a lifetime utilizing a ballet bar and other equipment that will transform your body like nothing else will!

**Boot Camp** - work your entire body. The workouts involve pushups, jumping jacks, crunches and other body weight exercises. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

**Cardio Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises

**SPINNING** – stationary group cycling class taught on specially designed bikes; class is set to motivating music and offers intense cardiovascular training; for both beginners and seasoned athletes, Spinning will strengthen and tone body and mind.

**STEP** – low impact, moderate to high intensity workout using an adjustable platform; easy-to-follow choreography.

**STEP CIRCUIT** – two workouts in one: step and muscle conditioning intervals. Some resistance apparatus such as weights are used in this class.

**BODYPUMP™** - the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**TOTAL BODY CONDITIONING** – Define and tone your muscles with in a group setting using your own body weight, weights, tubing, resist-a-ball and steps.

**KICKBOXING** – An intense cardiovascular and strength conditioning class that incorporates movements derived from boxing, Tae Kwon Do, and Karate. Focus is on basic punches and kicks to provide a dynamic, energetic, heart pumping workout.

**CORE & MORE** – A core conditioning workout. Tight, firm, strong abs and back; 15 minutes is all you need.

**YOGA** – a unique fusion of traditional exercise with the artistry of yoga postures; class focuses on the essentials of proper breathing and form in executing each exercise. Yoga enhances flexibility, strength and mental focus.

**PILATES** – floor exercises that focus on core strength and proper body alignment. For both beginners and advanced athletes.

**ZUMBA** - fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Add some Latin flavor and International zest into the mix and you've got ZUMBA

**Turbo Kick** - Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out.

**Turbo Sport** – A more athletic version of Turbo Kick. Turbo Sport is simple kickboxing moves mixed with resistance bands, strength training and awesome music.

**Muscle Blast** - A calorie blasting Muscle strengthening fusion of cardio exercises and weight conditioning.

**Muscular Strength & Range of Movement** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**PiYo** -Relax & Stretch? No Thanks; I'm a cardio Junky! Don't worry... PiYo™ is all about strength training and core conditioning for people who want to sweat.