

**15/15/15:** This class provides 15 minute segments of step, cardio and sculpting to give a one-stop, total body workout!

**20/20 Power:** Class that includes 20 minutes of toning/core and the other 20 for cardio-based movements...often using a step.

**Barre/Core:** Appropriate for all fitness levels, this class focuses on building core, hip, glute, and small-muscle toning and strength through a variety of techniques with a focus on barre as a training tool.

**Cardio Crosstraining** A series of cardiovascular exercises designed to burn calories; alternating with 2-3 minutes of strength exercises using hand weights, tubing or the body bar, etc. This class is a total body workout. Crosstraining refers to moving in different planes of motion, mostly lateral to offset (crosstrain) typical fitness movements that are in the forward plane. Great for a balanced body and injury prevention!

**Groove & Flex** This fun class uses simple dance-based for a cardio component, then the second half of class slows down for more Yoga inspired movements to work on flexibility. ***NEW class with a great instructor!***

**HIIT:** (High Intensity Interval Training) This class uses high-intensity movement to create an elevated heart rate in an interval format. Short, high-intensity bursts are alternated with recovery periods to create a workout that is metabolically demanding, and leaves you burning calories up to 48-hours after your workout ends!

**Intermediate Pilates:** The focus of this class is to advance basic pilates skills to provide a deeper, more challenging pilates-based workout. The instructor teaches that great attention to detail and focus get best results.

**Kick 'N Groove** This unique class gets your blood pumping with a fun, unique blend of kickboxing and cardio....no dance skills required!

**Pilates:** The focus of this class is to familiarize participants with Pilates mat work. It is a class for all levels that targets the core muscles of the abdomen and back while focusing on the pilates principles.

**Sculpt & Strength:** This intense total body workout is designed to improve muscular strength & endurance for all fitness levels. Equipment options include; a step platform, hand held weights, kettlebells and/or resistance tubing.

**Spin:** Ride into high gear with this exhilarating cardio journey on a stationary cycle. Easy on your joints too!!

**Step & Sculpt** This class is designed to give you a great cardio workout, and leg strength/toning through the step work, while also taking time to use resistance training tools (dumbbells, bands, balls) to sculpt and tone your muscles. No previous step experience required!

**Stretch, Strength and Balance** This class will focus on three areas of conditioning vital to a healthy, balanced body. STRENGTH focuses on fundamental core and stabilization. STRETCH releases commonly congested areas - shoulders, hips, back, neck and feet. BALANCE focuses on stability and length work to achieve balance on different planes. This class is beneficial to all fitness levels.

**Vinyasa Flow Yoga:** All levels are encouraged to try this yoga experience. Our instructor will provide levels/options to customize / meet your needs. The perfect way to decompress and end your day!

**Water Aerobics:** This class uses a variety of exercises and strengthening techniques in both shallow and mid-water. Work on both cardiovascular health and muscle toning in the pool where your joints are much more protected from impact forces. Get stronger, fitter and feet great!

**Yoga Fusion:** This class combines classic yoga poses with balance, strength and toning elements using dumbbells, bands and bodyweight. Appropriate for all fitness levels.

**Yoga Release:** Slower class that uses some Yoga poses, and other techniques to focus on muscle release.

**Zumba:** This fun class uses Latin, and other dance beats to make you sweat. You may barely realize you are working out!