

CLASS DESCRIPTIONS:

30 Minute Madness - Perform 1 minute intervals of cardio and strength for one intense workout!

Absolute Abs - The name says it all! Drop in for 15 minutes of abs, core and low back work.

Body Sculpt - Use weights, steps and balls to build muscle, raise metabolism, increase bone density and burn fat. Choose from Body Sculpt, Sculpt Express (45 min), Cardio Sculpt or Gentle Sculpt.

Crazy 4 Cardio - Get crazy with step, retro-robics, dance and kickboxing for a total cardio blast!

Dance Party - So you wanna dance? Here's your chance! Move, groove and get funky!

Guts & Butts - You asked for it! Finally, a class just for those most-requested areas: glutes and abs! Sculpt your way into your favorite pair of jeans with this 30-minute kick-butt workout!

Have a Ball! - The exercise ball will be used during parts of class to improve balance, core strength and posture. Class will include both cardio and strength training for a full body workout.

Hoopnotica \$ - Use the hula hoop to have fun while getting an amazing abs workout!

Interval Fit - 4 minute cardio + 3 minute lower body + 2 minute upper body = one complete workout!

Interval Toning - Alternating intervals of toning and low-impact cardio. A class for everyone!

Pilates - Lengthen and build muscles, improve balance and posture, and gain core strength.

PiYo - Pilates targets abs/back while Yoga focuses on flexibility/strength. A great addition to your weekly fitness routine!

Spinning - An indoor group cycling journey to help you improve strength and endurance. Take a ride!

Step Fusion - Use the step along with intervals, plyometrics and drills for your cardio fix!

Triple H \$ - Jam to the hottest hits and learn the latest moves! Who knew getting in shape was fun?

Triple Training - Three workouts in one: 15 minutes cardio/15 minutes strength/15 minutes cardio! With a mix of step, dance, kickboxing, floor and drills, we'll surprise you every time!

Turbo Kick - Kickboxing choreographed to today's hottest music. Get addicted!

Yoga - Breathe, strengthen, stretch and relax. Experience the benefits of the mind/body connection and leave feeling refreshed and revitalized. Escape from the world... if only for a while!

Young at Heart - Combine low impact aerobics with weights and stretching.

Zumba - Music and dance moves that make you forget you're working out! Join the party!