

## CLASS DESCRIPTIONS

**Body Sculpting:** Class is designed to efficiently and effectively work all *major muscle groups*, utilizing weights, bands, stability balls and medicine balls. There is NO *cardio* work done and a proper cardio warm-up is recommended before coming to class. Join us in this energy boosting workout.

**Body Toning Plus:** Cross train with a new energetic format that focuses on your whole body with strength training drills. Class ends with abs and stretches.

**\*Boot Camp:** This class will focus on improvements in your physical well-being and self-confidence; firming and toning your body; increasing your strength, endurance, and energy; core, strength and cardio training

**Calorie Killer:** It is a combination of weights, step drills, med-balls, and squats, broken up by bursts of high intensity cardio. Guys, this class is for you too!

**Hip Hop Dance Class:** A funky, energetic street dance style class that focuses on helping you feel comfortable in getting your "groove on" in a low-impact workout.

**Intervals:** Cardio conditioning and resistance work all in one. This one hour class, adaptable for all levels, may utilize the step, weights, resistance bands and the jump rope to achieve a full body workout.

**Kickboxing:** A high intensity kickboxing class with punching and kicking series. Abdominal toning & muscle sculpting, along with stretching at the end of the class, provide a full body, well balanced workout.

**Latin Dancercise:** Starts with a stretching warm-up and gradually builds energy to the tempo of the Latin music, ending with a complete "dance experience". High-energy, low impact workout - FUN for everyone.

**Low Impact:** Perfect class for our active seniors. A great cardiovascular activity with a minimum amount of impact along with some resistance training.

**Pilates Class:** Pilates strengthen and tone muscle, improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

**Step N Tone:** Beginner friendly 40 minutes of stepping followed by 20 minutes of toning and a cool down stretch. Great for beginners to intermediate students!

**Strength Training:** Muscle conditioning class focusing on toning your muscles by using free weights and resistance bands, increasing your metabolism.

**Stretching for Health:** A fun and exciting class focusing on stretching exercises that will be beneficial to each individual. These flexibility exercises will allow you to perform functional everyday activities.

**Tone to the Bone:** Focuses on firming up every major muscle group with some cardiovascular work to help burn off those excess calories.

**Yoga :** Learn to relax mind and body and in the process release tension and stress in your daily life while increasing flexibility.

**Yoga Groove:** Uses movement and breath together to produce a "flow" of postures that lead naturally from one to the next. The connecting movements between the postures help create enjoyable sequences that work on different areas of the body. The body is in motion most of the class and students need to be familiar with the basic postures of Hatha yoga before attending class. Hatha Flow builds strength, endurance, and a strong focus. The classroom is not heated, but the physical practice will naturally build heat in the body .