

Class Descriptions

AB ATTACK- This is a 30 minute class of hardcore abdominal work. It focuses on toning and defining the abs and strengthening the back to improve posture and core strength.

Cardio	Orange	Orange	White	White
Balance Flow	White	White	White	White
Sculpt Tone	Orange	Orange	Orange	Orange
Dance Rhythmic	White	White	White	White

BACK TO BASICS YOGA- Postures are built from the ground up. This class gives attention to hand/foot placement, builds on core strength, and has a strong focus on balance and flexibility.

Cardio	Orange	White	White	White
Balance Flow	Orange	Orange	Orange	Orange
Sculpt Tone	Orange	Orange	White	White
Dance Rhythmic	Orange	Orange	White	White

BARRE- This ballet-inspired class you will achieve a full-body workout concentrating on toning the hips, thighs, seat, abdominals and arms. This low-impact workout focuses on isometric exercises that will strengthen your legs, core and back, while improving your posture and flexibility. After working each muscle group to the point of fatigue, muscles are stretched for relief to create long, lean, supple muscles without bulk! All levels.

Cardio	Orange	Orange	White	White
Balance Flow	Orange	Orange	Orange	Orange
Sculpt Tone	Orange	Orange	Orange	Orange
Dance Rhythmic	White	White	White	White

BODYPUMP™ - is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total **body** workout. It will burn up to 540 calories*. **BODYPUMP** is available as either a 55, or 45-minute workout.

Cardio	Orange	Orange	Orange	White
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	Orange	Orange	Orange
Dance Rhythmic	Orange	Orange	White	White

BOOTCAMP- Need an extra push? Our boot camps are designed to keep you on your toes! We want to keep you guessing - each class is designed to be different and push you out of your comfort zone! We will challenge you every class! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but be prepared for some high intensity training! *Additional Fee

Cardio	Orange	Orange	Orange	Orange
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	Orange	Orange	White
Dance Rhythmic	White	White	White	White

BODY SCULPT- Burn calories as you flow through a variety of exercises to sculpt and tone your body into shape! Notice improvements in your muscle tone, posture, balance and strength. A total body workout! 55 Minute Workout. All fitness levels!

Cardio	Orange	Orange	White	White
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	Orange	Orange	Orange
Dance Rhythmic	White	White	White	White

CARDIO PARTY- This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and increase stamina. Intermediate- Advanced High impact

Cardio	Orange	Orange	Orange	Orange
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	White	White	White
Dance Rhythmic	White	White	White	White

INSANITY® LIVE- is extreme cardio conditioning for every fitness level. Together, you'll build strength, improve cardiovascular endurance, and develop precision and speed—without lifting a single weight .High Impact

Cardio	Orange	Orange	Orange	Orange
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	Orange	Orange	White
Dance Rhythmic	Orange	White	White	White

PACESETTERS- A low impact cardiovascular and toning class designed for the senior adult 50 and older. Have fun while dancing, sculpting and improving balance and coordination. All fitness levels.

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

POWER YOGA- A dynamic, flowing practice which cultivates strength, flexibility ,balance, focus and endurance. It tones and sculpts the entire body allowing for rapid results. Intermediate to advance

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

RESTORATIVE YOGA-Yoga in a series of postures supported by props to help rejuvenate. Learn to relax, relieve anxiety, and balance the entire body.

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

SILVER SNEAKERS- Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a **Silver Sneakers** ball are offered for resistance. A chair is used for seated exercises and standing support.

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

SPIN-Get those pedals moving! This class will get the feet moving and heart pumping by combining strength and endurance components associated with cycling. Jump, run and climb your way through an intense 45 or 60-minute session of aerobic and anaerobic training. All levels welcome.

Cardio	Orange	Orange	Orange	Orange
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	Orange	Orange	White
Dance Rhythmic	Orange	Orange	White	White

STEP- A little bit of choreography, a little bit of athletic training, this class will provide a little of variety for everyone! Come prepared to get a good workout and have lots of fun! Intermediate-Advanced. High impact

Cardio	Orange	Orange	Orange	Orange
Balance Flow	Orange	White	White	White
Sculpt Tone	Orange	White	White	White
Dance Rhythmic	Orange	Orange	Orange	White

SUNRISE YOGA- Sunrise Yoga involves a series of Vinyasa yoga sequences which are tailored for beginners as well as experienced Yoga practitioners. Every class begins with the basic Sun Salutations followed by strengthening postures, balancing poses, and stretching, and then a variety of additional core exercises are included throughout each class.

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

TAI CHI-A flow of simple, low impact movements that help to increase flexibility, balance, range of motion, relaxation, mental focus, strength, and overall wellbeing.

Cardio				
Balance Flow				
Sculpt Tone				
Dance Rhythmic				

