

CLASS DESCRIPTIONS & INFORMATION

ABS - This class will target each group of abdominal muscles - lower, middle, upper and obliques. Duration: 30 minutes.

ADVANCED BOOT CAMP - An extreme and physically demanding workout combining cardio and strength training with no modifications.

BARRE METHOD *- An all level total body workout utilizes ballet movements, isometrics, and intense core training to improve flexibility and strength while tightening your gluteus and slimming your hips and thighs! (Max Participants: 20)

CARDIO FUSION* - Cardio-interval training that combines a little bit of HI Lo, basic Kickboxing and total body conditioning.(Max Participants: 25)

CORE SCULPT - Create a core, test your balance, build some muscle with a variety of equipment in this 40 minute class.

DANCE FITNESS- A fitness based dance class that combines barre work to sculpt lean muscles, with dance routines to burn calories and melt fat. No prior dance experience is required!

ELLIP-T-CORE * - A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

ENDURANCE FITNESS - Endurance and agility. Drills include ladder, body weight, bands, and dumbbells. Each week functional muscle level, weight loss, and cardio will advance.

INTERVAL CARDIO WEIGHTS - Alternating intervals of cardio and strength training. (All Levels)

INTERVAL SPIN * - An all level spinning class focusing on burning away those unwanted calories and strengthening your leg endurance in a group atmosphere.

JUMP START 45 - Start your week off right with this 45 minute class that will have your heart rate up while getting a full body workout using weight with various cardio intervals.

***KICKBOXING** - A cardio and total body workout using your own body, weights and bands designed to help punch and kick away the calories. THIS IS A HIGH ENERGY CLASS! (Max Participants 20)

LOW IMPACT FUSION - This class will provide a great workout and lots of energy through total body exercises that minimize impact on the joints.

PILATES MAT - All Level class.. Increase your flexibility and strength with mat exercises that focus on the abdominal core.

PILATES XPRESS - 30 minutes of Pilates techniques.

SPINNING * - A 45-minute cardio interval workout on an indoor stationary bike. Group motivation and music will help you burn away those calories. (BEGINNERS CLASS AVAILABLE CHECK SCHEDULE)

SUPER SPIN * - A 75 min ride w/upper body

SPIN & SCULPT * - A 45-minute ride on an indoor stationary bike, followed by 30 minutes of body sculpting.

STEP & SCULPT - Intermediate and advanced class. It gets your heart pumping with upbeat music combined with step moves and weights.

STRONG AND STREAMLINED: This class combines pilates, Barre method and traditional sculpting routines. Focuses on toning and elongating muscles, isolating and activating core abdominal muscles, and balance and coordination.

RESISTANCE SPIN * - An advanced 75 -Minute ride combining endurance and upper body resistance training.

TOTAL BODY CONDITIONING (TBC) - A class designed to target all muscle groups. A variety of equipment such as weights, balls and bars are used to strengthen muscles.

TREADMILL CLASS * - A 45 minute cardio interval workout on the treadmill with varying levels of intensity. You'll be motivated in a group while you walk, jog and run up and down hills.

TUSH AND TUMMY * - An intense class focused on two of the most common trouble areas. (Max Participants 20)

VINYASA YOGA - An all level yoga class with flowing poses to help build strength, balance, and flexibility. Also known as Power Yoga. Duration: 75 minutes.

WEIGHT LOSS CONNECTIONS - Join us for our complimentary group weight loss meetings. Each week new weight loss topics will be discussed.

YOGA LEVEL 1 - This is a basic class that will cover most of the classic poses with modifications and instructions are given. Beginners and regulars are welcome.

YOGA LEVEL 1 & 2 - This class will move at a faster pace with less modifications and more exploration of both classic and intermediate poses. Experience preferred.

YOGALATES*: A movement system that combines yoga and pilates, It enhances posture with its main focus being to strengthen the core postural muscles where the abdominal, lower back, pelvic floor and buttock muscles meet. (Max Participants: 15)

ZUMBA! * - Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

ZUMBA TONING* * - Its an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks.

All studio classes can hold a maximum of **up to 27** participants based on the class that is being offered.

Classes are 55 minutes unless otherwise noted. Spinning classes are 45 minutes.

Classes averaging fewer than 12 participants maybe dropped in future months.

There is a 2 minute forfeiture policy for all classes requiring reservation. 2 minutes before the class begins your spot is not valid and we then take the next name on the waiting list or first come first served.

Reservations can be made as early as 5:00am **2 days** in advance at the front desk.

There is no waiting list for All Zumba, Cardio Fusion, Barre Method, Tush and Tummy, and YogaLates classes. If space is available 2 mins prior to the class starting it's becomes a first come first serve policy.

Members can not enter a class 5 minutes after the class has begun. Members can not enter a class until the previous class is over.

*Class requires reservation.

