

# CLASS DESCRIPTION

## YOGA

Relax your mind while strengthening your body with yoga! Try this great non-aerobic class that will increase your flexibility and rejuvenate your spirit with the postures and breathing techniques of yoga. Achieve total peace and harmony with this great full body workout.

## SPINNING

Everyone finishes first ! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

## CARDIO HI/LOW IMPACT

Segments of step aerobics and weight training to increase your heart rate, and tone muscles. Weight training is done with light hand weights. Abdominal exercise and stretching is included. All levels welcome.

## XXX BODY PUMP

A high intensity full body workout incorporating the best training techniques and cardio levels to achieve peak body sculpting and fitness. You won't want to miss this class!

## HARDCORE BOOTCAMP

This army – style training is unlike any other. It is specifically designed to take your body to the limits. It integrates tough workouts with the support and motivation of your instructor. You work, you sweat and burn calories like crazy!

## STABILITY BALL TRAINING

Designed to improve core stability, strength and coordination, that will sculpt your body as you build muscle and melt fat. All levels welcome!

## ZUMBA

A fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! Routines feature aerobic / fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is 60 minutes.

