

## ***CLASS DESCRIPTIONS***

**Aqua Blast-** This intermediate to high impact class gives you a full body workout broken down into aerobics, as, arms, and cool down.

**Aqua Stretch Fit & Go-** 1 hour of water aerobics and stretching followed by 15 minutes of additional toning and stretching exercises.

**Belly Dancing-** Based on Suhaila Salimpour technique, each class combines an intense warm-up with stretching and body-resistance exercises, basic isolation drills, and layering movements and combinations to create a cardio workout. You do not need to show the belly, and all shapes and ages are welcome.

**Body Combat-** Empowering cardio workout that is fiercely energetic. Inspired by martial arts and draws from an array of disciplines such as Karate Boxing, Taekwondo, Tai Chi and Muay Thai.(Express=45 min)

**Body Pump-** The original barbell class that strengthens your entire body. This 60-minute class challenges all your major muscle groups by using squats, presses, lifts, curls, etc. (**Express=45 minutes**)

**Body Step-** This is a simple, athletic and fun workout using the step. Expect to achieve toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength. (Ask for a brochure at the front desk).

**CCC (Cardio Conditioning for chicks)-** 30 minutes of cardio exercises to get your heart pumping.

**Circuit Train-**Carefully designed high and low interval will allow you to achieve both cardiovascular and muscle toning benefits in only 30 minutes. Running late? Don't worry, you can start up to 30 minutes late and still finish in time. Circuit-Train-Time to Begin.

**Cycle Strength-** Start off in the cycling room but end up in the aerobics room for some functional cycling strength moves.

**Express Spin-** A shortened version of our Journey class.

**Floerobics-** High energy, fat burner class with a variety of aerobic styles. Super motivating! Master each move and then put it together for a fun workout.

**Hard Core-** Get to the core of the matter. Strengthen and tone your abs, obliques, back and glutes in 30 minutes.

**Interval Energy-** This class offers bouts of high-intensity work followed by lower intensity active recovery. Burn triglycerides with this exciting workout.

**Journey-** A combination of intervals and hill training for the cycling enthusiast or anyone who likes to sweat.

**Muscle Up-** Intensify your strength workout by focusing on the upper body and core.

**Muscle Down-** Learn functional strength by focusing on your lower body and core.

**Pilates-** Total body conditioning that strengthens the center, lengthens the spine, creates muscle tone, increases body awareness and flexibility. Contact Laura Roeder for fee information.

**Power Hour-** One hour of intense cardio and muscle training in the water.

**Power Yoga-** Become longer and leaner with this intense yoga workout.

**Runfit-** Work on becoming a stronger, quicker runner. For beginner to advanced –you will learn skills and drills to prevent injury and become a better runner. Outdoor class so call ahead if questionable weather.

**SCC (Strength Conditioning for Chicks)-** 30 minutes of strength training for a quick tone up.

**Simply Step-** A great low impact class with basic step patterns choreographed into an intense workout for beginners and intermediate/advanced steppers.

**Spinlates-**30 minutes of cardio endurance in the cycling room followed by 30 minutes of pilates.

**Step-** An aerobic, choreographed workout utilizing the Step . Class is for intermediate/advanced.

**TBW (Total Body Workout)-** Work your entire body through strength training and a mix of cardio intervals.

**Yoga-** Provides focused practice that strengthens and tones muscles, increases bone density and establishes correct body alignment through asanas, breathing techniques, warm ups and relaxation.