

## Class Descriptions

**AQUA CARDIO:** Strong cardiovascular class that will get your heart pumping. Great for improving overall body strength and endurance. Maximum of 6 people. Intermediate to advanced level.

**BODY SCULPT:** In this class you will discover all the tools of the trade; the exercise ball, free weights, tubing, Bosu ball, gliders and step and resistance bands. Get a great total body workout. All levels welcome.

**BODY BLAST:** This class will work your entire body in 45 minutes-glutes, hips, thighs, chest, back, shoulders and arms. The exercises are completed in a superset format (exercise 1 followed by exercise 2 with no rest in between) to save time. Many exercises include tempo changes (slow reps and pulses) to add intensity.

**INTERVAL TRAINING:** Move through a series of cardiovascular and strength training exercises using the cardio equipment on gym floor, body weight training, bosu and balance exercises as well as other creative methods designed to increase your overall strength and cardiovascular abilities.

**CORE ESSENTIALS:** Strength training that goes beyond machines. This class will be all about core stabilization exercises. Using Bosu, Bender Ball, Stability Ball, etc., you will walk away from this class feeling taller, stronger, and having more knowledge on how to engage your core muscles.

**BREAKFAST OF CHAMPS YOGA:** This 45 minute morning sequence is designed to wake up the body and target all of the places that might need a little extra space and life breathed into them after a night of sleep. It will be a gentle flowing sequence, allowing one pose to flow into the next. After this relaxing and exhilarating class you will be ready to face daily challenges head on.

**YOGA BASICS:** This class is an invitation to relax, breathe, feel and let go. Yoga embraces the consciousness of moment-to-moment awareness.

**FUNCTIONAL FITNESS:** This class focuses on torso training around the spine from the head to the pelvic floor. It will help you move more efficiently with good bio-mechanics. For all fitness levels.

**\*SPINNING:** stationary group cycling. Climb imaginary hills and interval through various drills. All levels welcome.

**ZUMBA:** Zumba is a fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You don't have to know how to dance to do Zumba!

**PILATES FLOW:** The exercises move from one into the next focusing on flow, control, concentration, precision, centering, and the use of breath for non-stop movement utilizing the classical Pilates mat order as a back drop. Various props are added.

**YOGA LEVEL 1-2:** This class is an intermediate/advanced class that embraces all of the yoga basics. It is recommended that you take the Yoga Basics class before Level 1-2.

**YOGA FLOW:** The exercises move from one into the next focusing on flow, control, concentration, precision, centering, and the use of breath for non-stop movement.

**ADVANCE STEP:** Aerobic workout using the step. This class combines both step and floor choreography for a fun high energy workout. Intermediate class level.

**INTERFIT;** This class will incorporate six movements that will help build a foundation for your fitness. The different exercises will go as follows: Push,Pull,Squat,Hinge,Carry and Crawl. Participants will perform each movement and rotate through a circuit. All exercises will also be scaled to what the individual is able to perform. This class will be beneficial for those who want to have a high intensity workout, or learn how to execute the movements in the correct way.

**PIYO:** This class is a mix of Pilates and Yoga inspired moves and cranked up the speed to give you full throttle Cardio Strength and flexibility training all at once.