

CLASS DESCRIPTIONS

BOSU BLAST - This class has the same great heart pumping workout as BOSU Cardio but with a twist. We will mix up our cardio work with weight training through intervals. No coordination needed, just the desire to work up a good sweat by continuing to move your feet and have fun.

CARDIO AND WEIGHTS - This workout will consist of 30 minutes of strength training highlighting a different muscle group each week. We will finish the class with 30 minutes of fun step patterns.

GET ON THE BALL! - This strength training class utilizes the stability ball, weights and bands to work every muscle group. Get more bang for your buck by challenging your core and balance 'on the ball'. If you have never used the stability ball, give it a try.

INTERVAL - Are you looking to shed those extra pounds? This class alternates short spurts of intense cardio with strength training exercises for all body parts. Hand weights, body bars, and stability balls will be used along with heart pumping cardio exercises that will have you sweating in no time.

KICKIN' IT - Kick and punch your way to a stronger and toner you! Boot camp techniques will be incorporated as well to give you an intense work out that will be sure to make you sweat! Please come to class 15 minutes prior to start time if you have never taken a kickboxing class before. Bring a towel and water bottle.

LOW IMPACT - This class consists of toning, firming, stretching, and low impact aerobics. Designed to improve and maintain muscle tone and flexibility between other aerobic activities. Routines will be easy to follow and emphasis will be placed on repetition of movements. Come have fun to a wide variety of music. Great for beginners and seniors too!

MUSCLE MIX - This class will have a strong emphasis on sculpting all major muscle groups with short bursts of fat burning cardio mixed in. We will keep the choreography simple with a focus on proper form. We will enjoy using a large variety of equipment to ward off boredom. This class is appropriate for all fitness levels.

STEP & ABS - Are you just starting out or are you an experienced stepper? Either way, you will leave this class feeling aerobically satisfied! This class begins with a short warm up and is followed by a 40 minute step routine. After a short cool down, we will focus on firming up those abdominal muscles.

STEP & SCULPT - A moderate intensity workout that alternates between step and strength training. Basic step patterns are included in between strength training segments to maintain your heart rate while working those muscles!

STRETCH, STRENGTH, & SCULPT - This class is a combination of yoga and Pilates style movements along with stretches to build strength in the entire body. We will work with minimal equipment and without shoes to use our body as a tool of resistance. Utilizing balance, slow movements and holding poses, we will gain stability in the core as well as all other muscles of the body. Calm music and dim lights will help to relax the body as well as the mind.

SUPER SCULPT - This resistance class has the energy of an aerobic workout packed into a strength training routine. You will strengthen, tone, and define all major muscle groups and start burning fat in no time.

TOTAL BODY BOOTCAMP - This class is designed to give a total body workout using fitness circuits and intervals. We will use a variety of equipment such as BOSU, weights, step, and jump ropes. This fat burning workout will challenge your cardiovascular fitness and muscular endurance!

ZUMBA - Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.