

## **CARDIO CLASSES**

**ZUMBA!**- Shake your hips and burn unwanted calories to a fusion of Latin and International music-dance themes. This class creates a dynamic and effective fitness system that allows you to have more fun than you thought possible. For all levels.

**CARDIO COMBO**- The goal is to raise your heart rate and burn body. How you get there is up to you. Use high or low impact movements ( and maybe even a little dancing...) Great class for all fitness levels.

**CARDIO & CORE**- Join us for a fusion of fat burning cardio, core challenging and strength training that will deliver full body results all over fitness. For all levels

**CARDIO STEP** - A classic aerobic workout using the step for the intermediate to advanced stepper. For all levels.

**KICKBOXING** – Shape your upper body with actual “in-the-ring” combinations (i.e. jabs, hooks, uppercuts) as you work your legs with a series of kicks, with some kickboxing drills mixed in. The combinations change each week so you continue to improve your fitness and agility. An abdominal workout at the end helps round out this class. Intensity can be modified for low and/or high impact..

**CYCLE** - Reach new heights in fitness with this intense indoor cycling regime that simulates outdoor cycling with the use of music. All classes are held in the Cycle Studio. Please arrive 10 min early and notify the instructor if you are new to this class.

**ON THE BALL**- Join us for this creative fusion of cardio, strength core training , balance and flexibility training using the giant stability ball.

## **STRENGTH CLASSES**

**BODYSHAPING**- Bump up your intensity, rev up your metabolism and condition your body from head to toe. This intense muscle conditioning class focuses on actually changing the shape of your body to a tight and toned turbo charged machine with the use of barbells and dumbbells. For all levels.

**ON THE BALL**- Join us for this creative fusion of cardio, strength core training , balance and flexibility training using the giant stability ball.

**ALL ABS** - A quick 15 minutes of total abdominal work to sculpt and improve your posture. For all levels.

**CARDIO & CORE**- Join us for a fusion of fat burning cardio, core challenging and strength training that will deliver full body results all over fitness. For all levels

## **MIND BODY CLASSES**

**YOGA**– Improve flexibility, increase circulation and body awareness with this class. Ideal for any fitness level, our hatha-based all level yoga is the perfect addition to any exercise program.

**MAT PILATES** – Based on the techniques developed by Joseph Pilates, this class enhances flexibility, muscular strength, balance and posture with a special emphasis on the abdominal, low back and hip muscles.

**Bring a friend to class! Guest passes available at the front desk!**

**For your safety....do not enter a class more than 5 minutes late.  
Please silence your cell phones during class. Cell phone use is only permitted in the lobby.**

*Thank you ☺*