

CLASS DESCRIPTIONS

Body Pump - A Les Mills Licensed Program taught by certified instructors using barbell equipment, fun music and great choreography. *It doesn't matter your fitness level, it's a great workout for all fitness levels.*

Body Vive - A Les Mills Licensed Program taught by certified instructors that is low impact and allows you to choose how hard you work. Using a Vive ball & tubes you are taken through a cardio, resistance, strength, stability, and stretching and mobility workout suitable to everyone.

Kickboxing (TKB) - A Pre-Choreographed workout for individuals wanting a challenge. TKB incorporates funky, hip hop, stylized martial arts and boxing moves to make this fun exciting, light and a lot of fun to bring the desired benefits while relieving stress.

Beginner Tech- This class will teach you bike set up and give you a beginner level workout. If you are new to the gym and have never done cycling or Pilates before, come in for a personalized introduction. It is a 30 min. workout followed by 30 min. of Pilates.

Boot Camp - Sweating with Athletic Training. Anything goes in this class. Use Weights, Sports Drills, Interval Training, can use Boxing Skills, as well as Step or Hi/Lo Aerobics and Jump Ropes to give you an AWESOME cross training regiment.

Cardio Challenge - A workout designed for all fitness levels using basic moves that get the heart pumping.

Core Training - A Class focusing on strength, tone and flexibility of the Core or "Powerhouse" of the body.

Cycling - A cross class using stationary bikes. Participants are led on various intensity intervals. Suitable for all levels.

Dance - Burn calories while having fun! A mix of the latest music and dance moves including salsa, funk, hip-hop, line-dancing, etc. Dance challenges your entire body and gets the blood pumping!

H2O - A workout in the pool with muscle isolation work using the water for resistance. This class will work your entire body. *This is not as easy as it looks!*

Hip Hop - A class designed for individuals that like to shake and get loose. If you love to dance and have a good time doing so, this is the class for you.

Kickboxing - An beginner to advanced class, Kickboxing is designed to give a high energy workout by incorporating punches and kicks. It's a great way to release stress.

Latin Dance - A combination of Merengue, Salsa, Cumbia, Cha-Cha, Juapango, Mambo, Conga, Cuban Walk and Bachata. These 9 styles are built into a 50 minute workout designed to burn calories and increase your Latin style.

Muscle Conditioning - A full body FAT BURNING workout incorporating free weights to promote muscle strength while improving cardio and muscular endurance.

Pi/Yo - Combining Pilates and Yoga principals by creating benefits such as increased flexibility, strength, balance and core stability.

Pilates - Combining Pilates principals by creating benefits such as increased flexibility, strength and core stability.

Salsa - A low impact dance class using Salsa, Meringue & Cha, Cha moves for all levels.

Step - A basic cardiovascular workout using steps. This class is for all fitness levels.

Yoga - A full body workout to build strength and flexibility. Learn the basic poses, guidelines, and principles or challenge yourself to a more difficult and deeper pose. This class will help maintain a vibrant and active lifestyle.