



## *Fitness Class Descriptions*

**ABS & Assets** - No time to spare? This quick 15-minute sculpting class focuses on core muscles including abdominals, low back, glutes, hip flexors and extensors.

**Barbell Workout** - Whether you are an inactive person interested in getting fit or an athlete looking for a training edge, this class delivers. A revolutionary weight training workout utilizes an adjustable barbell as the primary conditioning tool (additional props incorporated for variety.) Class is formatted in 6-8 segments focusing on specific muscle groups to improve strength and endurance while burning calories and achieving maximum results.

**Body Sculpt** - An "old-school" staple with up-to-date exercises and conditioning principles that will tone and strengthen your entire body, it's as popular now as it ever was. Varying types of equipment are used. It's fun and effective for ALL fitness levels.

**Cardio Remix** - "Variety is the spice of life." This class offers all your favorite cardio group fitness classes, past and present, remixed into one heart pumping class—step, floor aerobics, kickboxing, and more.

**Cardio Muscle** - Alternating traditional muscle conditioning with easy-to-follow cardiovascular segments for an interval workout you are sure to enjoy!

**Dance Jam** - A fun cardio class that integrates the latest video dance moves. Move and groove to funky music! No dance background needed, just attitude!

**Dance Step** – A cutting-edge dance inspired step class for the stepaholic who loves the routine as much as the workout. Patterns flow like water, providing a seamless way to perform stylized moves inspired by Broadway, jazz, Latin and hip hop.

**Express Muscle** - This time saving 30-minute class increases lean body mass and overall strength in one efficient workout.

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**Fit for All** - An enjoyable cardio segment followed by a stretch and strengthening segment. Designed for those who are new to group exercise or have certain limitations that may force them to work at a less intense pace. Class is open to all levels but specifically targets those looking to workout at a more manageable level of intensity.

**Functional Training** - Looking for a new spin on your everyday muscle conditioning class? This sculpting class focuses on exercises that integrate muscles to mimic everyday activities. What better way to sculpt your body than with useful movements.

**Kick-Box** - A non-contact, high intensity class featuring kickboxing, and boxing techniques combined with athletic training and plyometrics. All choreographed to energizing music for a knockout workout. Fun, challenging and empowering!

**Kick Camp** - Fight off your fitness plateaus with this military style workout interlacing kickboxing and athletic drills for a kickin' cardiovascular workout.

**Kick, Groove, Pump** - That's right! This high-energy class combines heart-pumping kickboxing, cutting-edge moves to make you "groove" and muscle conditioning segments utilizing various props to "pump" you into shape. This sweat session will leave you wondering where the hour went.

**Pilates Express** - Your favorite Pilates Mat class in a 30 minute express format.

**Pilates Mat** - A mind / body conditioning technique that focuses on trunk stability and coordinated breathing through a series of exercises evolved from the principles of Joseph H. Pilates. Pilates develops a longer, leaner, stronger and more graceful body by improving muscular symmetry, alignment, posture, core-strength and flexibility.

**Power Step** - A high-intensity athletic step workout featuring intervals of leaps, jumps, running and other propulsive moves to increase intensity.

**Pure Step** - Wondering what happened to the good old step classes without all the frills? This class is straight forward, pure, unadulterated STEP! Class is performed on a platform that can be adjusted to ones fitness level.

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**Serious Sculpt** - An intense upper and lower body muscle conditioning workout developed from the latest findings in exercise science and functional training. This class makes use of various equipment and training techniques to help you seriously define your body from head to toe.

**Turbo Kick®** - A new high energy class that mixes aerobics with martial arts with hip-hop. This class is interval based and is good for participants of any fitness level. Expect lots of upper cuts, jabs, jumps, along with kicks and more importantly, lots of sweat.

**Zumba®** - Ditch the workout and join the party! Why? Because it's the best party around. Zumba® fuses hypnotic Latin and international rhythms to create a dynamic dance fitness system. This class is designed to be *fun and easy to do!* Once you Zumba®, you will be hooked.