

## ***CARDIO & STRENGTH CLASSES***

**ABS (ABS)**-15-30 minute intense workout for abdominal and oblique muscle groups.

**BALLS & BANDS (B&B)**- resistance workout utilizing resistance balls and bands, focusing on the major muscle groups.

**BODY ATTACK (BA)**-an intense, sports-inspired workout for building strength and stamina. High in motivation with uplifting music, it inspires everyone towards achieving their fitness goals.

**BODY COMBAT (BC)**-a martial arts class that uses disciplines from karate, boxing, and tae kwon do into an hour long routine. It's a fierce, energetic experience designed to reduce fat and cholesterol.

**BODY JAM (JAM)**-a cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and the hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

**BODY PUMP (BP)**-the most successful branded group fitness program in history. "The fastest way in the universe to get in shape" has confirmed higher than expected fat-burning effects alongside endurance, strength, and wellness benefits. Uses barbells and adjustable weights to tone and condition in an environment where muscle and music collide. Low in complexity, but high in fun.

**BODY STEP (BS)**-uses height adjustable steps and features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body while pushing fat-burning systems into high gear. Choreography has been simplified to appeal to all levels.

**TREAD-N-SHED (TS)**-this 45 minute class offers a challenging group walking expedition on the treadmill. (takes place in the Cardio Theater-towel and water are mandatory)

**GENTLE CARDIO CONDITIONING (GCC)**-classes structured for the beginner to intermediate exerciser of anyone seeking a low impact aerobic workout. Free weights are used to incorporate resistance training and core strengthening exercises strengthen the stabilizers of the spine. Stretching concludes the class.

**RPM**-cycling class designed to burn 600-800 calories. This class will increase cardio fitness, burn fat, tone and shape legs, hips and butt, while releasing endorphins to give a natural high.

**CYCLING (C)**- Suited for the beginner exerciser as well as the competitive, well-trained athlete. Focuses on heart rate monitoring to ensure maximum benefits for each individual. Self-paced with individual control.

**STRENGTH TRAINING (ST)**- resistance workout utilizing a variety of equipment to focus on the major muscle groups.

**ZUMBA (ZU)**- Zumba® program fusing hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## ***MIND & BODY CLASSES***

**BODY FLOW (FLOW)**-a yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Carefully structured series of stretches, moves, and poses bring the body into a state of harmony and balance.

**KUNDALINI YOGA (KY)**- a system of exercises and meditations, which provides extensive benefits for personal spiritual growth, as well as improving mental and physical well-being.

**PILATES (P)**-focuses on alignment, balance, and efficiency through breathing and stabilization of the spine, enhancing the core strength. Trains the body to work in synergy, an integrate approach where no single muscle is developed at the expense of another.

**YOGA (Y)**-classes designed for the fitness industry in that they are a demystified, contemporary form of yoga. Benefits include muscle balance, skeletal alignment, muscle strength, muscle elasticity, increased range of motion, improved coordination, and improved function of internal glands and organs. Develops deep breathing technique, which is beneficial to all forms of exercise and essential to the well being of the body.

## ***AQUA CLASSES***

**AQUA PILATES (AP)** water workout focusing on strengthening the core muscles in the abs, back, and torso.

**DEEP WATER (DW)** suspended water workout involving a noodle. Feet are off the floor.

**SHALLOW WATER (SW)** shallow water workout where feet touch the floor.

**CARDIO AQUA (CA)** aqua workout involving longer periods of cardio, mixed in with strength training.

