

Fitness Class Descriptions

30/30	A great total body workout giving you 30 minutes of toning with 30 minutes of aerobics. This workout utilizes a variety of equipment.
A.M. Express	Engage your total body in multiple exercises that focus on upper & lower body weight training , high & low intensity cardio, Ab & lower back strength moves.
Amazing Abs	30 minutes of intense training that combines abdominal and lower back strengthening exercises designed to improve balance, posture, and alignment. <i>30 minute class</i>
Body Blast	Focus on muscular strength and conditioning using body bars, weights, bands, steps, and resistance balls!
Boot Camp	Whip your body into shape with this boot camp style class. Guaranteed to melt some pounds and firm you up!
Butts & Guts	Tone your lower body with resistance training and classic cardio moves that will increase muscle endurance and your fitness level!
Cycle & Abs:	This class combines your favorite CycleFit class with 15 minutes of abdominal work to give you a total body workout!
CycleFit	Challenge your fitness level in this high energy, calorie burning, 45-minute class. It is possible to burn 500 calories on just one class!
Fitness Fusion - NEW!	Bring on the cardio! This class combines all cardio class formats in one plus toning! Increase endurance, strength and your fitness level with this new funky and fresh style !
Kickboxing	Get fit with a 1, 2, punch! A power packed cardio workout that will help you jump, jab, and kick your way into a new level of fitness!
Pilates	This class enhances the fundamentals of core body strength and stabilization as it applies to movement. Appropriate for all fitness levels.
PiYo™	PiYo is an up tempo, non-spiritual approach to mind/body exercise. This unique format combines Yoga, Pilates, strength conditioning, flexibility, and dynamic balance.
Strength & Stability	Experience a different way to tone your muscles through multiple strength-training techniques. Challenge your body in a new resistance workout that is simple and easy to follow.
TurboKick™	You'll kick, punch, and groove™ to the music while burning away calories in this action-packed, fun filled, hottest kickboxing class ever!
Yoga	A holistic combination of physical and mental exercises that will help you become or stay fit while increasing strength and flexibility and reducing your stress level.
Zumba™	Dance those calories away as you engage in hypnotic Latin rhythms and easy to follow moves that combine interval resistance training. This works every muscle in the body!

