

### **Ab Session**

Intense abdominal/ low back workout  
**15 min class**

### **Muscle Factory/Strength Training**

A non-impact, no dance work out designed to address muscular strength and endurance.  
**45 min class**

### **Boot Camp**

Strength and cardio collide in this energetic, fast paced head to toe workout. No rhythm necessary, potential to burn over 1000 calories.  
**45 min class**

### **Kickboxing Rouge/Cardio Kickboxing**

A combination of kick/punch patterns alternating with cardiovascular drills. Potential to burn over 1000 calories.  
**45 min class**

### **Cardio Strength**

High intensity interval training utilizing 20 second work and 10 second rest periods. These short intense workouts improve aerobic and anaerobic capacity, improve blood sugar metabolism, and improve fat burning.  
**45 min class**

### **Body Rock**

Intervals of cardio that include functional, strength, core and, balance training, ending with flexibility stretches.  
**45 min class**

### **Zumba**

It's Fun, It's Different, and it's Easy to follow. Using a variety of different *Latin* rhythms.  
**45 min class**

### **Dance Fit**

Dancing with strength-training/toning. 3-4min.of dance and strength-training cycles. Work on rhythm, strength, flexibility through today's popular dance moves.  
**45 min class**

### **Bottoms Up**

Building strength and definition of abs,thighs,and bottom  
**30min. class**

### **Yoga Stretch**

It moves through a series Of poses that stretch the spine, shoulders, neck and back

**45 min class**

### **Pilates Core Plus**

A different complimentary discipline creating a strong core, lean flexible muscles, performed in a gentle but demanding format.  
**45 min class**

### **Yoga**

A precise series of exercise positions designed to improve mental concentration, strength, and flexibility. Also, will increase R.O.M which is Range Of Motion  
**45 min class**

### **Turn Up**

Burn fat, build muscle, and dance like you never have before with this HIIT incorporated dance class! This will PUSH LIMITS and BREAK BARRIERS!  
**45 min class**

### **FIT FOREVER**

This class is less aggressive on the joints, yet effective for improving strength,cardio,balance, and flexibility  
**45 min class**

## **Class Descriptions**



**Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue, then the class(es) will be modified or removed from the schedule. Children 7 years of age and older are welcome to participate in any group exercise class with supervision!!**