

CLASS DESCRIPTIONS

"20-20-20"--This is an intense class that consists of 20 minutes of cardio using steps, jumping rope, aerobics moves, 20 minutes of upper body using weights and bands, and 20 minutes of lower body toning on the mats.

"Pilates"--Studio 2. Pilates works on the core musculature (abs/back) as well as flexibility and balance.

"Kickboxing"--Intermediate/Advanced. Studio 1: Get ready for a RUSH! This 60 minute boxing workout focuses on strength, power, speed, and agility using hand wraps, boxing gloves, and jump ropes. Great for all fitness levels!

"Yoga"--Intermediate. Studio 2. This intermediate yoga class will take you beyond the basis of yoga. Class focuses on increasing flexibility, strength, and balance and is followed by a relaxation component.

"Zumba"--All levels. Studio 1. Latin Dance Fitness Class. No coordination needed.

"Hydro-tone"--All levels. This 60-minute water-workout geared towards all fitness levels works on balance, strength, and muscle tone by using Hydro-Tone equipment.

"Spinning"--A great cardiovascular workout! Your heart will race as you put the pedal to the metal. Includes sprints, intervals, and jumps on a stationary bicycle.

"Total Body Conditioning"--All levels. Studio 1. Class begins with a cardiovascular component and is followed by a weight macking workout in the weight room or aerobics room--please meet at studio.

"Muscle Works"--A class using weights, dyna-bands, and steps to sculpt the arms, legs, and abs.

"Zen/Spin"--A combination of Spinning and Aerobics. 30 minutes of each.

"Stretching 101"--This is a 30 minute stretching class for all of the major muscle groups of the body. It will be both relaxing and you will increase your flexibility.

"Water Aerobics"--This is an intense class designed in the water that uses hand bouys, kickboards, and your own bodyweight.