

Winter 2012 Group Exercise Class Descriptions

CYCLING

Time flies by as you work up a sweat to great music and motivational instruction. Designed to improve cardiovascular fitness, strength & stamina.

CYCLE FUSION

A mix of cycling and strength training utilizing hand weights, medicine balls, & much more! Shape your body into a new you.

BOOTCAMP

Be ready to move and mix it up. You'll experience one hour of heart-pumping cardio drills combined with full-body muscle conditioning that will tone and tighten your body. ***All Levels Welcome***

Yoga

This class will include core strengthening, stretching and restorative poses. A combination of various postures is used to increase your flexibility and reduce stress. Designed to target your spirit, mind and body. *** All Levels Welcome***

F.I.T. (Functional Intense Training)

Are you ready? This cross training class will bring your workout to a whole new level based on endurance, power, and strength utilizing sport specific moves, weights, tubing and so much more. 100% pure energy.

STRENGTH AND POWER

A total body strength training workout using weights, bands, gliding disks & more. This class will build muscle strength & endurance while developing long, lean muscles.

TURBOKICK ® & PiYo®

Class begins with TurboKick®. A fast paced cardio kickboxing workout using moves from dance & martial arts. An upper & lower body strength work-out transitions you into PiYo®, a fusion of basic mat Pilates & Yoga.

POWER PILATES

This intermediate to advanced class will help build stamina as well as help promote long and lean muscles. The core will be strengthened and flexibility will be increased in this challenging class.

VERSATILE CARDIO SCULPT

A mix of freestyle and choreographed movements combining kickboxing, dance and weight work. This class incorporates power, coordination, strength and speed training to increase your athletic ability. A core workout and recovery stretch wraps up the 1 hour class. **All levels welcome!**

SPORTS STEP

Warm up with easy to follow step movements then let your inner athlete perform challenging yourself with moderate athletic drills on and off the step. Finish off with exercises utilizing Pilates moves that will 'whittle your middle'. ***All levels welcome***

PILATES

This ultimate mat workout involves a series of controlled movements to engage your body and mind, and improve flexibility and strength without adding bulk. ***All Levels Welcome***