

BOOTCAMP is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Think 'football practice' – lots of drills and team training! You get EVERYTHING you need! This class is held outdoors unless there's extreme weather.

BODY CHALLENGE is a popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. These classes are designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing - and challenge you differently every class! Although our instructors may push you like a drill sergeant, our goal is to offer encouragement rather than intimidation. We want you to have tons of fun, but be prepared for some high intensity training!

BODY BLITZ is a total body muscle conditioning class using your own body weight, dumbbells, exercise balls and/or body bars for resistance. This express workout combines compound and functional exercises to increase strength, coordination and balance.

CARDIYOFIT is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and you'll get a great stretch! The class is a little different each time, but always a great workout!

CUTTIN' UP is a strength training class sometimes performed circuit style (one exercise after another). For example, you might perform a set of squats followed by a set of upright rows and/or a combo move like squats and shoulder press. Exercises are done with little or no rest between, which provides some cardiovascular training.

HATHA YOGA is a low impact form of exercise, which helps to bring harmony to your body and mind. Poses called asanas and breathing exercises known as pranayama help to detoxify your body and restore energy. With regular practice, you will experience improvements in strength, flexibility and balance. Enjoy guided relaxation at the end of each class helps to reduce stress, tension and anxiety. Yoga also helps you achieve balance in your emotions, leaving you better equipped to handle the stress and demands of your active lifestyle. You will leave each class serene and strong!

INTERVAL FIT is a mix of cardio and strengthening exercises done in timed intervals. Fun, easy to follow moves that will build your cardio endurance and strengthen every major muscle group.

PILATES is a system of exercises that improve flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong powerhouse, and improving coordination and balance. The Pilates system allows for different exercises to be modified in range of difficulty from beginner to advanced levels.

SPIN Performed on a stationary bike, in a group setting. This class will provide an intense cardio workout while still catering to participants of all fitness levels. Our certified instructors will lead you through a challenging series of courses to maximize your caloric burn. The best part is that you control your own resistance and speed allowing you to continuously progress forward from your current fitness level.

SPINERVAL Get the cardio benefits of a spin class combined with total body strengthening! Try this phenomenal class for a full body workout that blasts away the fat!

STEP is a form of cardiovascular training distinguished from other types of aerobic exercise by its use of an elevated platform (the step). The height can be tailored to individual needs by inserting risers under the step.

STEP & SCUPLT This fun class includes intervals of basic step and strengthening exercises to give you a complete cardio and strength-training workout.

ZUMBA We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements

of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

DANCE FITNESS 'MASH-UP' A combination of two dance formats, **ZUMBA** (see above) & **MIXXEDFIT** which is a people-inspired fitness program that is a mix of explosive dancing and boot camp toning. You'll dance to our favorite songs on the radio that we would dance to at a nightclub. Then, spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. Lots of fun and calories burned! 😊

YOGALATES

Easy vinyasa flow followed by Pilates based core work and standing postures.