

**AB ATTACK** is a 15-minute core focused class, which may include traditional abdominal exercises, Barre, Pilates, lower back and glute exercises to strengthen your entire mid-section!

**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!

**CORE + MORE** think Ab Attack + more 'core.' Class may include traditional abdominal, back, shoulder, glute, hip, leg exercises + Pilates and Barre exercises to strengthen your entire mid-section!

**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!

**HIIT** is a form of interval training. Typically HIIT is cardiovascular exercise, but sometimes intense anaerobic exercises are included alternating with short recovery periods. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes with times varying based on a participant's current fitness level and the intensity of the session.

**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.

**PUMPED** 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.

**SPIN** This class is a great cardiovascular workout. Pedal through hill climbs, sprints and other challenging drills. Remember to bring a towel and water bottle! \*Call x67873 starting at 6am the day of to reserve a bike!

**SPIN EXPRESS** is a 30-minute express spin. \*Call x67873 starting at 6am the day of to reserve a bike!

**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! \*Call x67873 starting at 6am the day of to reserve a bike!

**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.

**STRENGTH EXPRESS** Get a total body strength-building workout done in 30 minutes!

**S~T~R~E~T~C~H + Restore** You know you need to stretch more!!! If yoga isn't quite your thing then this is the class for you! Simple, restorative stretches will help to release those tight muscles you get from working out and/or sitting at your desk too long.

**STRONG by Zumba®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Not your average Zumba class!

**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.