OUTDOOR BOOTCAMP is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. We do lots of drills and team training. Think 'football practice'! You get EVERYTHING you need! (In some cases due to weather, class will be held indoors)
 BODY CHALLENGE is a popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. These boot 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 please be prepared for some high intensity training!

BODY BLITZ is a 30 minute challenging and dynamic whole body muscle conditioning class using your own body weight, dumbbells, exercise balls and body bars for resistance. This express workout combines compound and functional exercises to increase strength, coordination, balance and overall conditioning.

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!

CUTTIN UPcircuit training is done by performing one exercise after another (in a circuit, obviously). For example you might perform a set of squats followed by a set of upright rows followed by curls etc. Often people only consider weightlifting type exercises as part of circuit training, but other anaerobic/aerobic work can be included.

Exercises are often performed with little or no rest between them; however this should vary on the type

**CARDIYOFIT**  is a fun, challenging class fusing **Pi**lates and **Yo**ga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!

FIT IN45 is a 45 minute challenging and dynamic whole body muscle conditioning class using your own body weight, dumbbells, exercise balls and body bars for resistance. This express workout combines compound and functional exercises to increase strength, coordination, balance and overall conditioning.

PILATESJoseph Pilates presents his method as the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body.[[4]](http://en.wikipedia.org/wiki/Pilates#cite_note-mayo-4) It puts emphasis on alignment, breathing, developing a strong [powerhouse](http://en.wikipedia.org/wiki/Pilates#Powerhouse), and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginner to advanced or to any other level, and also in terms of the instructor and practitioner's specific goals and/or limitations. Intensity can be increased over time as the body conditions and adapts to the exercises

STEP AEROBICS is a form of aerobic power 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 aerobics classes are offered at many gyms and fitness centers which have a group exercise program. Step aerobics was [innovated](http://en.wikipedia.org/wiki/Innovation) by Gin Miller around 1989. After a knee injury, Gin consulted with an orthopedic doctor, who recommended she strengthen the muscles supporting the knee by stepping up and down on a milk crate and from this she developed the step regimen.Step aerobics can also be involved in dancing games, such as Dance Dance Revolution or In the Groove.

SPINNING Preformed 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 This class is MOSTLY biking, but also incorporates FULL body sculpting moves. Try this phenomenal class for a total body workout that blasts away the fat!

**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.