

# Class Descriptions

<b>Rise &amp; Shine Yoga</b>	Get ready for your day with this "athletic"-style yoga class.
<b>Zumba</b>	A fun, latin dance class designed to strengthen the abs and get your heart rate up!
<b>Boot Camp</b>	Start your day off with the ultimate in circuit training!
<b>Step to the Beat</b>	Work up a sweat and enjoy fun step combinations.
<b>Pilates</b>	Strengthen and lengthen your muscles through Pilates exercises.
<b>Spin &amp; Tone</b>	Get strong and lean with this workout combining muscle strength and endurance.
<b>Hard "Core" Abs</b>	Tone your mid-section with stability and strength core moves.
<b>Cardio Sculpt</b>	Workout hard by adding strength moves to a fun cardio class.
<b>Spin + Abs</b>	Interval spinning with challenging abdominal exercises at the end of the class.
<b>Kickboxing</b>	High energy full body workout utilizing boxing kicks, jabs and punches!
<b>Cardio Boot Camp</b>	Burn calories, build muscle, and strengthen your heart in this Boot Camp style class.
<b>Yoga</b>	Strengthen your core and start your day off with some challenging Yoga poses.
<b>Extreme Spin</b>	This is an EXTREME Spin class designed to burn MEGA calories!
<b>Cardio Pump</b>	Cardiovascular class combined with weights and floor work for the ultimate workout!
<b>Upper &amp; Lower Body Burn</b>	Sculpt a strong body during this strength workout for all of your muscles!