

CLASS DESCRIPTIONS

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