

## Fitness Class Times and Descriptions

**AB ATTACK** - Challenge yourself to this rewarding workout guaranteed to tighten and tone your abdominal muscles.

15 minute class

**PILATES/BALLET FUSION** - A toning and conditioning class suitable for all levels and ages, using modified ballet movements to help improve body awareness and increase your overall fitness. Work towards leaner, longer muscles. Great for dance and pilate participants. No dance experience necessary.

1 Hour class

**BOOT CAMP** - Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training.

9:15am - 1 Hour class ; 6:15pm - 45 Minute class

**BUTTS & GUTS** - This class specifically focuses on the abdominal and glute muscles.

30 minute class

**CARDIO BLAST** - Get a great cardiovascular workout with floor aerobics consisting of low, intermediate, and high combinations. Class ends with body sculpting, abdominal work and a relaxing stretch.

1 Hour class

**CARDIO CHALLENGE** - For the die-hard aerobic in everyone- cross-train with high/low, kickboxing, weight training, and sports moves. This energizing class is a great fat-burner!

1 Hour class



**GROUP POWER** - Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

1 Hour



**GROUP STEP** - Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

1 Hour

**HIP HOP/ZUMBA** - Move to the beat with different dance patterns. Get a great workout and have fun while doing it!

9:15am - 45 minute class - Zumba

7:00pm - 1 Hour class - Hip Hop

*\*More Zumba classes coming soon. . .*

**KICKBOXING** - Sweat your stress away with various kicks and punches using kickboxing bags. This class will have you doing moves using muscles you never knew you had.

1 Hour class

**LOW IMPACT** - Get a great cardiovascular workout with floor aerobics consisting of low impact moves. Class ends with body sculpting, abdominal work and a relaxing stretch.

1 Hour class

**PILATES** - Conditioning class that improves muscle control, flexibility, coordination and strength. Pilates concentrates on alignment, lengthening all of the muscles in the body.

1 Hour class

**PILATES - FLEX** - This exercise class combines light aerobics, body conditioning, flexibility and balance exercises. Great for all levels.

1 Hour class

**RESIST-A-BALL** - The dynamic nature of the resist-a-ball improves strength, balance and flexibility while focusing on body awareness.

30 Minute class

**Silver Sneakers®** - Strength and range of motion benefits are the focus of this creative multi-level conditioning exercise program. Includes choreography with hand-held weights, elastic tubing and balls for a complete, fun and safe workout.

45 Minute class

**SENIOR SHAPE UP** - non-impact aerobic class designed specifically for the active older adult. This class uses weights and bands and ends with a relaxing stretch.

45 Minute class

**STEP IT UP** - 45 minutes of straight stepping. This energetic step class utilizes creative choreography and keeps your heart pumping. Ends with abdominals.

1 Hour class

**YOGA** - Explore the mind-body connection by learning how to focus, relax and improve circulation.

7:00pm - 1 Hour, 30 minute class

12:00pm - 1 Hour class

