

## Fitness Class Times and Descriptions

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

15 minute 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



**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



**GROUP GROOVE** - If you can move, you can Groove. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.

1 Hour

**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 FUSION** - Focus on core conditioning and flexibility using controlled movement to help improve body awareness and increase overall fitness. Suitable for all levels and ages.

1 Hour 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

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

7:00pm; 9:15am - 1 Hour, 30 minute class

12:00pm - 1 Hour class

**ZUMBA** - Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Get a great workout and have fun while doing it!

1 Hour