**Class Description**

**Cross Training**- A popular class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed in a way to be different all the time, and push our participants harder than they’d push themselves. (60 Min)

**Core**- 20 minutes of intense sculpting and defining of your mid-section.

**Power Tone**- Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, decrease your body fat and help with your flexibility. Not only will you be working with weights but you will also be learning the basic principles of Yoga. (60 Min.)

**Zumba**- Ditch the workout and join the party! This fun and easy to follow cardio dance class combines high energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on the dance floor. (60 Min)

**PiYo**- a total-body fitness system designed to whip you into shake from head to toe. It combines there practices of Pilates and Yoga to help you build strength, Lose weight, increase flexibility and have a great time doing it. (60 Min.)

**Ashtanga Yoga**- is considered a “meditation in motion,” a fluid and athletic yoga sequence consisting of sun salutations, standing, seated, and finishing postures that synchronize the flow of conscious breath, precise movement, specific gazing points, and directed energy, to increase body and breath awareness, strength, stamina, flexibility, balance, confidence, self-acceptance, and more. (60 Min)

**Core De Force**- Is much more than a typical cardio class. It’s an empowering, core- focused workout, inspired by the highest octane sport in the world-mixed martial arts. This workout combines authentic Boxing, Kickboxing, and Muay Thai moves, explosive power moves, and interval training that all engage your core, so you get in shape, incredibly fast! (30 Min.)

**Power Yoga-** Power Yoga is a challenging and dynamic class base upon the principles of Ashtanga and Vinyasa Yoga. The class links poses together in a flowing sequence while emphasizing the unification of movement and breath. This energizing class builds inner heat which aids in the cultivation of strength, balance, flexibility and centeredness. Expect to feel challenged and invigorated and to have fun! Some yoga experience is helpful, but NOT required. (60 Min.)

**Hip Hop**- The class that allows you to learn all the latest and greatest dance moves choreographed to the hottest hip hop sounds. Develop better coordination, rhythm, flexibility and most importantly- self-expression! Hip Hop dance gives you that little bit of “swagger” in your walk! (60 Min)

**Bootcamp**- An intense boot camp style class incorporating high and low movements, plyometrics, and elements from the Military program. Perfect for intermediate to advanced fitness levels. Prepare to sweat and push yourself to the next level. (45/ 60 Min.)

**GROUP EXERCISE CLASS POLICIES:**

1. **Wipe down ALL equipment used.**
2. **Return ALL equipment back to its original place.**
3. **Must have 2 or more people to hold a class.**
4. **Bring towel.**
5. **Wait PATIENTLY outside group exercise room until previous class is finished!**
6. **Do not walk into class if you will be more than 10 minutes late! It’s rude and unacceptable.**