

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/ 40 Min.)

Bootcamp- Want to get a full body workout in on your lunch break? Then this class is the class for you. This class concentrates on longer cardiovascular components interspaced with intervals for weight training. This class can involve upper and lower body work during the sculpting portion of the class using various equipment. We want to keep you guessing and challenge you differently with every class! Our goal is to offer encouragement rather than intimidation! (60 Min.)

Ultimate Abs- Ultimately we all want great looking abs- but we also have to realize that the entire core of our body is our physical foundation for everything we do in life. So by coming to this class, not only will you get a great 6-pack, but you will set up your body for overall health and injury prevention. (20 Min.)

Upper Body Blast- A class with brief cardio segment to warm up and then focuses on strength and muscle endurance for the complete upper body workout. (30 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)

Ashtanga Vinyasa 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)

Rock Bottom- Have you been looking for a class that specially targets the "problem areas" of the lower body? This 30 minute format only caters to those areas we all want to get firmer- tones thighs, lifted butts and slender hips are just some of the benefits you will receive from taking the "Rock Bottom" challenge! (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.)

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.**