

## ~Basic Schedule~

### Class Descriptions

**3-MINUTE MADNESS-** Mix it up with this intense interval workout! Every exercise is in 3 minute intervals, 1 easy minute, 1 minute to really push your limits, and then one more just as a bonus.... challenging every part of your body along the way!

**BALL STRENGTH-** You will use Bender Balls and Physio balls to get your heart rate up, strengthen, tone, and even stretch. A great all over body workout!

**BODY SCULPT-** 30 minutes of whole-body toning. You'll use a variety of equipment including hand weights, bands, balls, steps and more to tone from head to toe!

**CARDIO STEP & SCULPT –** 45 minute segment of step aerobic combos, followed by 30 minutes of sculpt with light weights. We'll keep the heart rate up, as well as getting all those big muscle groups toned and sculpted.

**P90X –**Based on the popular commercial home program, in this class you'll combine a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.

**PIYO-** Pilates and Yoga based workout that picks up the pace and gets your heart pumping at the same time! Class will include flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

**PUMP –** Weight lifting in a group class, suitable for everyone! In one hour you'll work every muscle in your body...even ones you didn't know you had! Come pump it up!

**PUMP & TONE –** A different spin on the usual PUMP class...mix up intervals of heavy weights with sets of lower weights with higher reps for a whole new workout.

**RUN & STRETCH –** 30 minutes of run/ walk intervals on the turf. Followed by 30 minutes of Vinyasa style yoga in a heated room. Involves intervals of heat-building flowing poses mixed with strength, balance, and endurance poses to keep your heart pumping and body

**SCULPT & STRETCH** - In this class you'll do a quick warm-up, add in some weights and resistance training to sculpt those muscles, and then a little light yoga to stretch you out and finish!

**TAI CHI-** This class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is wonderful for increasing flexibility, range of motion, and balance and decreasing stress and anxiety.

**TOTAL BODY MIX-** This class will get it all done! You'll start with some weight lifting, jump into a cycle ride, and then do a great yoga-based stretch and relaxation to finish it off.

## ~Unlimited Schedule~

### Class Descriptions

**3-MINUTE MADNESS-** Mix it up with this intense interval workout! Every exercise is in 3 minute intervals, 1 easy minute, 1 minute to really push your limits, and then one more just as a bonus.... challenging every part of your body along the way!

**BALL STRENGTH-** You will use Bender Balls and Physio balls to get your heart rate up, strengthen, tone, and even stretch. A great all over body workout!

**BODY SCULPT-** 30 minutes of whole-body toning. You'll use a variety of equipment including hand weights, bands, balls, steps and more to tone from head to toe!

**CARDIO STEP & SCULPT –** 45 minute segment of step aerobic combos, followed by 30 minutes of sculpt with light weights. We'll keep the heart rate up, as well as getting all those big muscle groups toned and sculpted.

**CYCLING –** 45 or 60 minutes of group cycling. The instructor will guide you through hills, mountains, jumps, sprints and much more as you simulate a real bicycle ride...with someone to push you along! Great cardio workout and your legs will feel it too!

**CYCLE/SCULPT –** In this class you'll do 20-30 mins of Cycling, followed by a some total body strengthening using weights, balls, bands, etc. A great combination to challenge every muscle!

**HATHA YOGA –**Great for beginners, this class will bring about a sound, healthy body and clear peaceful mind by combining bodily postures, breathing techniques, and meditation.

**P90X –**Based on the popular commercial home program, in this class you'll combine a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.

**PIYO-** Pilates and Yoga based workout that picks up the pace and gets your heart pumping at the same time! Class will include flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

**PUMP –** Weight lifting in a group class, suitable for everyone! In one hour you'll work every muscle in your body...even ones you didn't know you had! Come pump it up!

**PUMP & TONE –** A different spin on the usual PUMP class...mix up intervals of heavy weights with sets of lower weights with higher reps for a whole new workout.

**RUN & STRETCH –** 30 minutes of run/ walk intervals on the turf. Followed by 30 minutes of Vinyasa style yoga in a heated room. Involves intervals of heat-building flowing poses mixed with strength, balance, and endurance poses to keep your heart pumping and body

**SCULPT & STRETCH –** - In this class you'll do a quick warm-up, add in some weights and resistance training to sculpt those muscles, and then a little light yoga to stretch you out and finish!

**TAI CHI-** This class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. It is wonderful for increasing flexibility, range of motion, and balance and decreasing stress and anxiety.

**TOTAL BODY MIX-** This class will get it all done! You'll start with some weight lifting, jump into a cycle ride, and then do a great yoga-based stretch and relaxation to finish it off.

**YOGA –** Traditional style of yoga suitable for all student levels. Involves moderate heat building, standing poses, balance, flexibility work, and a final relaxation. You will increase your flexibility, and balance, as well as finding strength and a peaceful mind.

**YOGA FUSION –** A great mix of yoga, pilates, and sculpting! You'll stretch, strengthen, and work your core in this class.

**YOGILATES –** Traditional style of yoga mixed with great core-strengthening exercises from Pilates to get a moderate-paced all over body workout and stretch.

## ALL CLASS DESCRIPTIONS NOT ON SCHEDULE AT THIS TIME

**20/20/20 ...KICK/SCULPT/PILATES** – 3 favorite classes all in one! Get your heart pumping with some cardio kickboxing, tone up your muscles with sculpt, then strengthen your core and stretch with some pilates!

**20/20/20** – 20 minutes each of yoga, pilates, and ball strengthening. A great workout incorporating strength, core stability, flexibility, and relaxation...all in 60 minutes!

**3-MINUTE MADNESS**- Mix it up with this intense interval workout! Every exercise is in 3 minute intervals, 1 easy minute, 1 minute to really push your limits, and then one more just as a bonus.... challenging every part of your body along the way!

**30/30 CYCLE & PILATES** – This class combines 30 minutes of two different classes...do one or do them both! Cardio & stretching. Great for anyone wanting more variety in their workout!

**30/30** – This class combines 30 minutes of two different classes...do one or do them both! Try Kettlebell/Power Yoga or Spin/Sculpt! Great for anyone wanting more variety in their workout!

**30/30/30...STEP-KICK-SCULPT** – A great total body workout and a mix of different classes to keep you moving! 30 mins of each Step, Kickboxing, and Sculpting

**30-MINUTE CARDIO**- 30 minutes of cardio to prep your body for body pump or another workout! Could be cycling, could be bootcamp, treadmill, elliptical workout...regardless of what we use, it will get you warmed up for sure!

**30-MINUTE CYCLE** – This class will be a short version of our regular cycle and is usually back to back with another class, such as Body Pump or Sculpt, to give a quick cardio to balance your workout! Or just come in for a quick cardio!

**30-MINUTE STEP**- Great cardio workout with the step, getting the heart rate up for a great 30 minute quick cardio.....or follow it up with 30 minutes of Body Sculpt for a full 1 hour total body workout!

**ABS**- 15-minute abdominal toning class

**BALL STRENGTH**- You will use Bender Balls and Physio balls to get your heart rate up, strengthen, tone, and even stretch. A great all over body workout!

**BEGINNER CYCLING** – 30-45 minutes of group cycling geared toward the beginner or someone looking for a shorter/less intense workout. You'll learn the basics of the bike and the basics of the class while you build your endurance and still get a great workout!

**BENDER BALL**- use the bender ball to strengthen and tone your whole body and get some cardio work too!

**BENDER BALL PILATES-** use the bender ball to pump up your normal Pilates routine & really strengthen the core.

**BODY SCULPT-** 30 minutes of whole-body toning. You'll use a variety of equipment including hand weights, bands, balls, steps and more to tone from head to toe!

**BOOTCAMP** - 45-60 min. workout combining heart-pumping total-body exercises, cardio intervals, core strengthening, and more! A great total-body challenge that involves aerobic work and strengthening all in one....boot camp style! There is a 10 minute full body stretch and a relaxation segment at the end.

**CARDIO DANCE-** Get a great workout, while you're learning new dance moves! In this class we will incorporate some jazz, latin, hip hop, and even ballet into short, easy to learn routines that will keep you moving and having tons of fun at the same time! We will end the class with some great strength work and stretching.

**CARDIO HIP HOP** - Get a great workout, while you're learning new dance moves and having tons of fun at the same time!

**CARDIO KICK** - This upbeat and energetic class is a kickboxing based cardio workout. You'll definitely work up a sweat, feel empowered, and have fun during this class.

**CARDIO STEP & SCULPT** - 45 minute segment of step aerobic combos, followed by 30 minutes of sculpt with light weights. We'll keep the heart rate up, as well as getting all those big muscle groups toned and sculpted.

**CARDIO WEIGHT TRAINING-** 30 minutes of weight training....this is not your average sculpt class! Follow that up with 30 minutes of cardio, different every time to keep things exciting. You can do the first half, second half, or the full hour for a great

**CIRCLE STEP** - Change up your "normal" step class! We'll put the benches in a circle and move around the circle in between combos to really get the heart pumping! Give it a try!

**CIRCUIT EXPRESS-** 30-minute circuit workout in the white CYBEX room. This class brings together weight training on the CYBEX machines and cardio intervals for a quick efficient whole body workout.

**CIZE** - This isn't one of those dance-lite workouts. Cize breaks down choreographed routines step-by-step, and before you know it you'll be bustin' out moves to the hottest new music. Whether you're a beginner or an experienced dancer Cize will be the right move for you! Professional dance moves for everyday people!

**CORE STRENGTH-** 30-minute core strengthening class. Use a variety of equipment or just your own body to strengthen and tone the belly and back muscles that make up your "core". A strong core is vital to everyday living, as well as all forms of exercise...so let's tone it up!

**CYCLE SCULPT-** 45 minutes of cycling that will include either weight intervals or weights and abs after the ride.

**CYCLING/STEP/SCULPT** - Get it all done in this 90 minute combo class! 30 minutes on the bike, followed by a 30 minute step aerobics class and then 30 minutes of body sculpt to tone you up.

**EASY YOGA** – 45 minutes of yoga geared toward anyone who is just learning, with joint problems/limitations, or anyone simply wanting a mild yoga class! You'll stretch, strengthen and relax at an easy pace!

**FLOW YOGA**- You will coordinate your breath with movement between yoga poses in this dynamic form of yoga. Utilizing strength, balance, stretching, and finally relaxing. This class is heated to ensure maximum movement and flexibility, and you will get a great sweaty workout!

**HATHA YOGA** –Great for beginners, this class will bring about a sound, healthy body and clear peaceful mind by combining bodily postures, breathing techniques, and meditation.

**JUMPROPE INTERVALS**- 30 minutes is all you need when you mix intervals of jump roping with weights, bands, or even kettlebells! It's not as easy as when you were a kid! Get Jumping!

**KETTLEBELL**- a 30 minute interval class that gets it all done fast! We alternate between heart-pumping, core strengthening Kettlebell exercises and traditional body sculpting with weights, bands, etc.

**KETTLEBELL CARDIO!** – 30 minute class focusing more on kettlebell "swings" and power moves to get your heart pumping while you strengthen. \$30 extra

**KETTLEBELL TOTAL BODY**- using kettlebell weights, tone your whole body while getting the heart pumping at the same time! You will strengthen your core, as well as your arms and legs. Great new workout! \$50 extra

**KICKBOXING**- Take out your frustrations by punching and kicking your way through a heart-racing workout! Relieving stress has never been more fun...or burned more calories! This 60 minute class will have punches, kicks, strengthening, and abs all in one!

**KICKBOX TABATA!**- Kickboxing mixed with Tabata intervals (20 seconds of exercise, 10 seconds rest...and repeat!) Great mix of core, cardio, strength...and stress relief! Come try it!

**KICK COMBO** – Get a great workout mixing kickboxing with intervals of either weights or step aerobics.

**MINUTE MADNESS**- Mix it up with this intense interval workout! Start with 3 minute intervals and work down to 1 minute intervals, challenging every part of your body along the way!

**P90X** –Based on the popular commercial home program, in this class you'll combine a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching.

**PILATES** – This class consists of mat Pilates exercises that work on core strength and stability, breath control, muscular coordination, and developing lean muscles throughout the entire body. 45-60 minutes of body- strengthening movements that are easy on the joints!

**POWER YOGA** – Vinyasa style yoga in a heated room. Involves intervals of heat-building flowing poses mixed with strength, balance, and endurance poses to keep your heart pumping and body working.

**POWER YOGILATES** – An energetic mix of power yoga for heat building and flexibility, mixed with the strengthening exercises of Pilates. A fun combination that gives your whole body a

workout! Suitable for all levels. A final relaxation will give you the finishing touch at the end of this class!

**ROPES & BELLS-** 30 minutes is all you need when you mix these two great exercises together for a heart pumping interval class! We will bring together some short jump roping intervals with the kettlebells to strengthen....and maybe throw in some other great stuff☺

**RUN & STRETCH** – 30 minutes of run/ walk intervals on the turf. Followed by 30 minutes of Vinyasa style yoga in a heated room. Involves intervals of heat-building flowing poses mixed with strength, balance, and endurance poses to keep your heart pumping and body

**SCULPT & STRETCH** – – In this class you'll do a quick warm-up, add in some weights and resistance training to sculpt those muscles, and then a little light yoga to stretch you out and finish!

**SPRING TRAINING** – 6 week session to get your body ready for summer! We will change up your cardio workout by taking some walk/run/sprint intervals on the turf. Then finish it off upstairs with some heated yoga to strengthen and stretch.

**STEP** – 60 minutes of step aerobics. You'll use the REEBOK step to create a great cardio workout with no interruptions! You'll burn fat and build endurance in this one for sure!

**STEP & SCULPT** - Segments of step aerobic combos, mixed in with great body sculpting exercises to get it all done in one 60-minute class! We'll keep the heart rate up, as well as getting all those big muscle groups toned and sculpted.

**STEP & TABATA-** 30 minutes of step to get the heart pumping, followed by some kick-butt tabata intervals....20seconds of work, 10 seconds to break, and repeat! Great cardio and total body workout☺

**STEP INTERVALS-** 60 minutes of fat-burning fun! Interval training keeps the heart-pumping through fast-paced timed segments of alternating weights and step aerobic combos. You'll work everything to the max and feel great when you're done!

**STEP & KICK INTERVALS-** Intervals of step aerobics and kick boxing to maximize your cardio and work the whole body. Step, Kick, Punch!

**TABATA-** 20-30 minutes of intense intervals to get your metabolism going! 20 seconds of exercise, 10 seconds rest...and repeat! Come try it!

**TABATA & SCULPT-** 30 minutes of intense intervals to get your metabolism going! 20 seconds of exercise, 10 seconds rest...and repeat! Followed 30 minutes of whole-body toning. You'll use a variety of equipment including hand weights, bands, balls, steps and more to tone from head to toe!

**TONING ON THE BALL-** 30-45 min of strengthening and toning using the resistance balls to add challenge, body support, & variety. The ball will help develop the core muscles, while you incorporate other muscles groups as well....and have fun!

**TURF TIME!** 25-30 minutes of bootcamp style training out on the turf! You'll run, you'll, jump, you'll strengthen, you'll sweat. Kick your butt back into gear after the holidays. 8 weeks session to get yourself moving!

**WEIGHT TRAINING-** 30 minutes of weight training....this is not your average sculpt class! You will learn the basics of lifting weights for your large muscle groups with slightly heavier weights and really feeling the burn!

**YOGA FUSION** - A great mix of yoga, pilates, and sculpting! You'll stretch, strengthen, and work your core in this class.

**YOGILATES** - An energetic mix of yoga for heat building and flexibility, mixed with the strengthening exercises of Pilates. A fun combination that gives your whole body a workout! Suitable for all levels. A final relaxation will give you the finishing touch at the end of this class!

**ZUMBA-** 60-minute class that packs in the fun and energy! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow Latin-inspired dance steps. Let's get dancing!