

CLASS DESCRIPTIONS (Updated 2/24/10)

- **4-3-2-Fit** – A great interval class with 4 minutes of cardio, 3 minutes of lower body and 2 minutes of upper body. It keeps repeating for a workout challenge.
- **20/20/20** – 20 minutes of step, 20 minutes of muscle, and 20 minutes of core and stretch. You cover it all in one hour.
- **A-Z FIT** - An awesome total body interval workout by doing an exercise for every letter from A-Z. For all fitness levels!
- **ABS/CORE** – 15 minute class that concentrates on strengthening all muscle groups in your abdominals and lower back, making your powerhouse strong and balanced.
- **AQUA** – Combination of cardiovascular training, muscle strengthening, and stretching. Lap pool (cooler water) No swimming ability required.
- **AQUA CIRCUIT** – Combine cardio and toning for a complete workout. Lap pool. No swimming ability required.
- **AQUA ENDURANCE**- Intense cardio training in the lap pool. Take the challenge!
- **AQUA WARM WATER**- A class that focuses on strength, flexibility, balance and range of motion. Warm water feel good class. No swimming ability required.
- **AQUA ZUMBA**- Taking Latin dance moves to the pool! A fun way to get a great cardio workout!
- **BALL FIT**- Have a ball! A total body workout incorporates exercises using a variety of weighted balls and a stability ball. Increases core strength and balance as well.
- **BEACH BODY**- A very challenging class that incorporates sports moves, agility, muscle conditioning, body balance with core and more! Get your body ready!
- **BOOT CAMP** - A cardiovascular class includes intervals of jumping, running, boxing, and polymeric moves. Very challenging!
- **BOSU BLAST**- Bosu is a half of a theraball mounted on a stable base. It's a great tool to get a cardio and strength workout, while increasing balance and core stability.
- **CARDIO DANCE**- Have fun burning the calories away with easy to follow dance moves. Great music to keep you moving!
- **CARDIO MIX** - A mix of floor aerobics, step, boxing and interval moves. This class keeps you moving! Guaranteed to make you sweat!
- **Family SPINNING** – This is a family class (4 foot 11 inches or taller) using the SPINNING bikes. Take a family ride together!
- **KICKBOXING** - Punch and kick your way to a better body. This class is great for all fitness levels. High energy for everyone!
- **MUSCLE MIX** - Burn fat and build muscle fast! This class involves strength training and cardio drills.
- **MUSCLE STEP** - Combine your two favorite classes for a complete cardio and strengthening class.
- **MUSCLE X** - Increase muscular strength & endurance by using the bars with plates, increase the weight as often and as much as you can. Building muscle = burning fat.
- **PILATES** - A mat workout to strengthen & stretch the whole body gaining long lean muscles. Strengthen the core from the inside out. If the core is strong, the rest of the body will follow!
- **CARDIO PLATE**- 30 minute full body workout. Push, pull, squat and lunge your way to the next fitness level, while holding a weighted plate. Low impact.
- **QUAD STEP/2 STEP/CIRCLE STEP** - Adding more steps for a more advanced and fun workout.
- **SENIOR FIT**- A great combination class- F- Flexibility, I- Improves balances and posture, and T- Tone muscles. Get your body moving like you should.
- **SPINNING** -Experience the journeys ... ride the flats and hills, sitting, standing, jumping, and sprinting. A mega cardio burning class without impact.
 - **NOTE:** Please arrive for class at least 10 min. early to set up your bike for the ride.
- **STEP BOXING** - A combination of boxing moves performed on and off the step. Two great workouts in one!
- **STRENGTH** - A total muscle conditioning class using hand weights, bands, and tubing
- **YOGA** - A great mat class to increase flexibility, strength and balance, while decreasing stress and tension. Great for any age or fitness level.
- **ZUMBA LITE**- Basic Latin dance moves that's easy to follow. A fun way to get moving! Great for beginners and seniors. (30 minutes)
- **ZUMBA** - A fusion of Latin and International music. A “feel happy” workout that is great for both body and mind. Fun and easy moves to get you moving and feeling good!