



**CLASS DESCRIPTIONS**  
**MUST BE 13 YEARS OF AGE**  
(Unless specified all fitness levels welcome in class)

Active Older Adult Stretch ó Designed for seniors to gain flexibility and strength through gentle stretching and yoga poses.

Beginner Yoga ó This class includes Monday and Wednesday or Tuesday and Thursday to learn postures. Slow moving postures embrace synchronized breathing to help refresh the bodies and minds thus leading to a healthier life. Specifically designed for beginners and/or seniors. 11 years + welcome.

Body Blast ó Enjoy a weight training class using steps, body bars, dumbbells, and tubing. This class will compliment any cardiovascular workout.

Boot Camp ó Interval class using cardio and resistance training.

Cardio Kickboxing ó Learn a variety of punches and kicks to improve your cardiovascular conditioning.

Cardio Pump ó Variety of class formats for a complete workout. Intermediate level class.

Core and More/Hard Core ó ½ hour of abdominal and low back exercises and stretches.

Cycle Reebok ó Using Reebok bikes, cycle in a group exercise class to music for a great cardiovascular workout.

Flex & Core ó Gentle stretching and focus on the core muscles.

Intermediate Yoga ó For those familiar with Hatha yoga in vinyasa style, this class extends further in depth to enhance flexibility, strength, and awareness. This class includes Monday and Wednesday. 11 years + welcome.

Kid Fit ó Designed for children 8 to 12 to learn basic fitness techniques to continue fitness throughout their lives.

Step Class ó Traditional step class for a cardiovascular workout.

Strengthen and Stretch ó A class that involves using your own body weight to strengthen and stretch.

Total Body Conditioning ó Intermediate intense sculpting class.

Zumba ó Latin based cardio dance class.