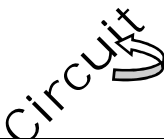







Class Descriptions

Classes that **REQUIRE** sign-ups include: Spin & Have A Ball. Members may sign up for a class at the Front Desk **2 days in advance IN PERSON**. Phone reservations are accepted no more than 1 day in advance. Members **MUST** check in with the Front Desk upon arrival. Members who have not checked in **5 MINUTES** prior to the class starting time forfeit their spot and will be moved to the waiting list.

 <p>Circuit</p>	<p>20 MIN ABS</p> <p>This core focused class provides the opportunity to strengthen and define your abs, as well as condition back muscles to provide optimal spine support and protection. This circuit style class takes you through a variety of exercises working your entire core.</p>	<p>Circuit Challenge</p> <p>Where cardio meets strength! An hour of fun & challenging exercises designed to increase your strength and cardiovascular health. All levels of fitness welcome.</p>
 <p>Cardio</p>	<p>SPINNING Sign Up at the Front Desk</p> <p>Get ready for a high energy, intense cardio workout in our Spin Studio. Burn fat, release stress, and build strength to upbeat music and professional coaching. Cycling shoes w/ S.P.D. cleats or stiff soled shoes recommended. All levels welcome!</p> <p>BODYCOMBAT</p> <p>BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.</p>	<p>ZUMBA fitness</p> <p>Zumba fuses easy to follow Latin dance rhythms like Merengue, Salsa, Cumbia, and Reggaeton to create a one-of-a-kind fitness program that will blow you away! Achieve long term benefits while having a blast in one exciting hour of calorie burning, body energizing moves along with inspiring Latin music that makes you want to get up and move. Get ready to "Join The Party!"</p>
 <p>Strength</p>	<p>Fit for All (Low Impact, Total Body)</p> <p>Fit For All is a unique class designed to be easily modified for all fitness levels. It combines a warm up, low impact aerobics, a muscle and bone strengthening segment, movements that enhance balance and coordination, cool down and stretching. One hour of motivational music makes this class effective AND fun! Whether your looking for a heart pumping workout or an introductory class into fitness, Fit For All can help you achieve your goals.</p> <p>BODYPUMP</p> <p>BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>	
 <p>Have a Ball</p>	<p>Have a Ball Sign up at the front desk</p> <p>Have A Ball is a total body workout with core emphasis. This class generates strength, flexibility, balance, and body awareness by utilizing the stability ball and BOSU. Have A Ball, while creating the body you desire.</p>	
 <p>Seniors</p>	<p>SeniorWorks</p> <p>This class will help you maintain and improve the physical components needed for activities of daily living. A gentle warm up precedes strengthening, flexibility, and balance exercises. All exercises may be performed sitting or standing depending on your fitness level. No floor exercises. Each class finishes with a thorough stretch.</p> <p>Fit After 50</p> <p>This total body workout class is designed to keep you Fit After 50. It gives you a cardiovascular workout in addition to the strength training necessary to improve your heart health and muscle condition. Balance exercises and a thorough stretch are part of every class. Some exercises are performed on the floor (mats provided).</p> <p>Gentle Yoga</p> <p>This class is designed to gently stretch and strengthen the body, while calming the mind. Because of its slow, relaxed pace and use of props, this yoga class offers an opportunity to safely build strength, mobility and balance for all, even those healing from injury, illness, or just beginning a fitness program.</p>	
 <p>Mind & Body</p>	<p>Beginning Yoga Stretch</p> <p>This class is especially geared toward those who are intimidated or have never taken a yoga class. The class will focus on gentle stretching and breathing technique, while slowly moving through simple beginning yoga postures. This class is perfect for seniors, those working on flexibility, and those who prefer a more gentle yoga class.</p> <p>Yoga (Great For All Levels)</p> <p>Mind, Body, and Breath come together under the guidance of our experienced instructors. Achieve greater mental clarity, improved alignment, physical freedom, relaxation, strength, and flexibility.</p> <p>Pilates</p> <p>Strengthen your core and learn to move with efficiency and precision, lengthen and strengthen important postural muscles for improved alignment and gait, and refine the connections between your mind and body.</p> <p>Introduction to Tai Chi</p> <p>Class will focus on relaxation, breathing, and alignment of the body as they apply to the practice. The focus and movements in this class are intended to enable participants to enter into our regular Tai Chi class.</p> <p>Mattitudes</p> <p>An all level exercise class comprised of slow, deliberate, and rhythmic movements to strengthen the body. Exercises are done both standing and on the mat. Focus is on the engagement of body, mind, and breath as it works together to enhance ones overall strength, flexibility, circulation, and balance.</p> <p>Tai Chi (Great for ALL LEVELS)</p> <p>An ancient Chinese exercise form that emphasizes the natural development of mind, body, spirit. Benefits include improved physical and mental strength, gracefulness, balance, and flexibility. <u>New participants are encouraged to attend at least one intro class.</u></p>	