

**BODY BLAST** -- This full body, circuit-style workout combines anaerobic and muscular conditioning using a wide variety of exercises to increase strength, power, agility, and speed.

**SPINNING** -- Come and ride with us and cycle your way to a leaner body. Climb and descend hills and mountains, chase the pack, and fly on the flats. This cycling class is designed to burn maximum calories, improve your cardio strength and make you sweat! A motivating group experience with inspiring music, awesome instructors and most of all.....LOTS OF FUN!!!!!!

**PILATES** -- This is a gentle class that blends together Pilates and yoga. You will strengthen your core (abs, back, hips) with the Pilates half of class, then you'll stretch and strengthen all the main muscle groups with yoga. Some simple balance work will also be incorporated, along with breathing and relaxation exercises. This class is ideal for your rest/recovery day or in addition to your workout.

**FITBALL** -- Dumbbells unite with the fit ball to make a dynamic and challenging full-body strength-training class. You will strengthen all the major muscle groups with a focus on core training and flexibility. This class will challenge all levels.

**POWER STRENGTH** -- This is a fun power-packed class designed to work the entire body through sectional progression. The class will use weighted barbells and dumbbells to perform each exercise along with the use of upbeat, even tempo music to guide the class through a challenging and diverse workout using all muscle groups. Come ready to feel the burn!

**YOGA** -- is a very popular class to help reduce stress. It will not only stretch muscles, but strengthen them as well. In this form of yoga, you can expect to flow through a variety of poses that will promote core strength and enhance your sense of well being. Students are sure to walk out of class feeling peaceful and calm.

**POWER YOGA** -- is a vigorous, fitness-based, Vinyasa-style yoga. The emphasis will be on increasing strength, flexibility and stress reduction. Commit to coming to class twice a week for one month and you will notice significant changes in your overall well-being.

**ZUMBA®** -- When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party.

**BODY FIT** -- is an interval style workout designed to help you burn fat, build cardiovascular/muscular strength and increase endurance through the use of indoor cycling bikes and free-weights. This class is easy on the joints and great for all fitness levels.

**CARDIO LITE** -- is our intro class to group fitness. Cardio Lite is a very low impact, slower paced, beginner's class. The class is not choreographed and offers a wide variety of exercises to those that want to get their feet wet with classes.

**BODYPUMP™** -- is for anyone looking to get lean, toned and fit -- fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 590 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music -- helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

NikkFitt -- is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.

Aeroflex -- /air-o-fleks <in the presence of oxygen – to move muscles so as to cause flexion> Aeroflex is an ultra-workout combining free-weight training with cardiovascular and flexibility conditioning for a complete cross-training program resulting in more comprehensive fitness. The emphasis is on proper form, technique and body alignment for safe results quickly. You will receive instruction throughout class by an Aeroflex certified instructor. All fitness and experience levels are welcome and encouraged. You will discover the many benefits of strength, muscular and cardiovascular endurance, shaping and flexibility while enjoying a wide variety of music in AEROFLEX!

Turbo Kick® -- the fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

P90X -- LIVE is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. ... With options including dumbbells, barbells, weight plates and resistance bands, P90X LIVE can be delivered without the need to invest in additional equipment.

PiYo -- is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. During a PiYo class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next!