

# CLASS DESCRIPTIONS

- 6 Pack Abs-** This class is designed to give you a complete ab workout with cardio conditioning in just 45 minutes. You'll leave feeling like you have the ultimate 6 pack!
- Glute Lab-** Looking for a quick and intense glute + leg work out? This class is designed to target your booty while getting full body cardio at the same time.
- Namaste Yoga-** Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures that are linked together in a series
- Build & Burn-** If you're interested in building muscle and burning fat, this one is for you! Come get in a great full body workout to tone and sculpt your body!
- Pilates –** Work on your flexibility, core strength, & endurance by performing movements that flow together in a graceful and efficient way.
- Power Hour-** Short on time but need a great workout? This workout will test your limits to achieve unparalleled results.
- Rise & Grind -** Looking for something new to start your day on the right track? This high intensity workout will really kick up your morning routine with something new in every class! Don't miss out on the opportunity to try all sorts of new equipment while challenging your mind and body.
- Body Shop-** This class is for those just starting out and looking for a great full body workout! Learn a variety of exercises that target all muscles and ways to get the most of your workout!
- Spin & Tone-** Reach maximum fat burn by incorporating both cardio and strength training into a single class. Experience intense spin bike training as well as full body toning for a complete high intensity workout.
- Werk-** Dance your heart out to get a great workout! This class will make you forget you are even working out with fun choreography and music to get in a great cardio session!
- Sweat Sesh-** This class is for those looking to burn some calories and sweat it out! This full body, high intensity workout will not disappoint.

## NEW!!!

- Water Aerobics-** We are now introducing a class in the pool! Come get in a fun workout by learning different exercise you can do in the water. This type of resistance training will leave you feeling refreshed and good after a solid workout!
- Step it Up-** Step up your fitness with this step class! With a good mixture of cardio and strength training, you will leave feeling good!
- Sports Performance-** Want to know what it's like to train like an athlete? This class will take you through training that will help maximize overall performance and function.
- Cross training-** Interested in CrossFit, HIIT, and/or bodybuilding? This class incorporates all of the above to get the ultimate workout!