

CLASS DESCRIPTIONS

25 MIN CORE (ABS): Twenty-five minutes of straight abdominal training. COME FEEL THE BURN!

BARS AND BALLS (B&B): A total body muscle endurance workout that uses body bars and medicine balls.

CARDIO PUMP: You will do EVERYTHING in this class: Cardio, Step, Strength Training and Weights.

CYCLE: This class setting is appropriate for all levels and all ages because YOU control YOUR intensity. Instructors will lead you on a 45-minute journey yet you control how intense your workout is. Members who prefer non-impact classes will find this a great alternative and this is a great way to "Cross Train"! **ALL FITNESS LEVELS ACCOMMODATED**

GENTLE FITNESS (GF): A training class for all fitness levels and ages formatted to improve your function of daily activities by building stamina, balance, coordination, and strength.

This class is perfect for beginners and seniors to get moving!

GUTS AND GLUTES (G&G): A 45-min tummy and glute BURN!!! Do you hate doing squats, lunges, and crunches? Well, you will love them in this class, WE MAKE THEM FUN!!!

ALL FITNESS LEVELS ACCOMMODATED

HIP HOP HUSTLE (HHH): Hip Hop Hustle™ is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! **ALL FITNESS LEVELS ACCOMMODATED**

INSTRUCTORS CHOICE (IC): The instructors get to choose your destiny! It could be step, strength training, Kickboxing, Hi/Lo

INTERVAL TRAINING (IT): A combination of cardio activities and free weight conditioning.

INTRO TO STEP: Learn the basic moves to step! LEARN THE BASIC STEPS TO GROOVE☺

KETTLEBELL: A form of training that will challenge both the muscular and cardiovascular system with dynamic, total body movements. **ALL FITNESS LEVELS ACCOMMODATED**

PIYO: The PiYo™ is an athletic blend of Pilates, Yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge to all levels of participants.

POWER STEP(PS): A powerful high-intensity step workout with choreographed patterns and some power moves to keep it interesting. **INTERMEDIATE TO ADVANCED FITNESS LEVELS**

PUMP: A total body muscle endurance workout that uses free weights, body bars, and tubing. Strength training is an important fitness component that will help increase muscle, which burns calories throughout the day, and most importantly helps prevent osteoporosis. Ladies, you will NOT bulk up! **ALL FITNESS LEVELS ACCOMMODATED**

STRENGTH AND STRETCH (ST&ST): Enjoy this nice relaxing class with a twist. First you will strengthen your muscles and then we will stretch them out for you!

STEP: A basic step class with easy to follow choreography that will get your heart pumping and your body moving. **THIS CLASS IS FOR BEGINNERS**

STEP AND MUSCLE (ST&M): This class combines a step-cardio workout with resistance training using weights, bands or body weight to give you a total body workout. The class is half step and half resistance training. **ALL FITNESS LEVELS ACCOMMODATED**

TAI CHI: A complete system of exercises, meditation, and self-defense. The practice of these gentle movements reduces stress while improving health, balance, strength, stamina, and self-confidence.

TURBO KICK: Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music.

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TURBO & SCULPT: 30 minutes of Turbo Kick and 30 min of full body resistance training!

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UPPER BODY BLAST: 45 MIN resistance training class focusing on upper body and core training.

ALL FITNESS LEVELS ACCOMMODATED

YOGA AND PILATES: A combination of yoga and Pilates exercises that will improve core muscle strength and overall flexibility. **ALL FITNESS LEVELS ACCOMMODATED**

YOGA: A quiet, relaxing class that involves strengthening and stretching the entire body through fluid breathing. Come and see why yoga is so good for you and your body) **ALL FITNESS LEVELS ACCOMMODATED**

ZUMBA: Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries!! Let loose and Have Fun!!!! **ALL FITNESS LEVELS ACCOMMODATED**

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

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