

# FITNESS CLASS DESCRIPTIONS

BodyPump	This class is perfect for toning and sculpting. In a 1-hour class you will tone every muscle in your body by using light weights with high repetition. Great for both men and women. .
BodyFlow	A combination of pliates, yoga and tai chi make this class great for balance, lengthening and stretching of muscles. Easy to follow and the non-impact format makes this class a favorite.
Zumba	Zumba fuses hypnotic latin rhythms and easy to follow dance moves to create a dynamic fitness program that will blow you away.
Spinning/Sunrise Spin	Stationary bike riding class. This highly motivating non-impact class helps with cardiovascular and endurance training. Spinning is also great for weight loss. Beginners welcome.
Aqua classes	A cardio workout in the water, with no impact this is great for a joint friendly workout. This class also tones and sculpts at the same time. Great beginner class. Ability to swim is not required and you will not get wet above the shoulders.
Spin/Pilates	30 minutes of riding in the spin room followed by 30 minutes of core work in the gym.
Pilates	Held in the gym, this class focuses on strengthening all core muscles in the abdominals and back. Core strengthening improves balance, postures and muscle tone. A great beginner class.
Hatha Yoga	uses an integrative approach, which emphasizes breath by connecting movement with the logic and beauty of breath flow.
Vinyasa Flow Yoga	Focus is on balance and breathing to connect body and mind. Poses will flow from one to the other in connection with breath.
Wake up Call Cardio	Wake up to an hour of cardio and strength training with hand weights and barbells.
Tae Kickboxing	A cardio workout for kicking and punching using bags and gloves.
Quick Fit	45 minutes of Strength and cardio training.
Total Body Conditioning	60 minutes of strength and cardio intervals using a variety of fitness equipment including stability balls, medicine balls, bosu balls and hand weights.
Cardio Blast	60 minutes of cardio intervals.
Power Fit	An integrated class of hi-low, step and abs integrating hand weights.
R.I.P.P.E.D.	Resistance, Intervals, Plyometrics, Power, Endurance, Diet. An hour class that incorporates all of these principles.
WillPower and Grace	A fusion of cardio, yoga, pliates and dance using our bare feet and bodyweight.