

# Group Fitness Descriptions

## BOOTY Sculpt

Tighten & Tone your way to the perfect booty w/ this total body workout. Focusing on sculpting your buns, legs, abs, & a few other assets.

## Boot Camp - January

Offers more fun than traditional gym workouts using high & low impact cardio, plyometrics, calisthenics, running, resistance, & weight training, various drills, core strengthening, and stretching. Improve your body now!

## Circuits & Intervals - May

A variety of exercise types performed in a rotation or series with minimal rest in between, using body resistance, plyometrics, weight, kettlebells, mat work & more

## Fitness Blast - March

A smorgasbord of exercise routines, expect something different each week. It's great sampler of cardio & toning workouts

## Gentle / Chair Yoga

A gentle form of yoga that is good for people with physical limitation and/or health issues. It is practiced sitting in a chair, or standing using a chair for support. Improved circulation, greater flexibility, & a great sense of calm and well-being.

## POUND

Get your arms ready! Pound is the newest and hottest workout that fuses cardio interval training with drumming, to provide a fast pace- heart-pumping workout!

**\*Register at front desk**

## TRX Specialty

a revolutionary method of leveraged bodyweight exercises. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, core strength, and prevent injuries, all at the intensity you choose.

**\*Register at front desk**

## HardCORE

This advanced, intense, cardio-based class will dynamically test your strength & endurance while challenging you mentally & physically. This is one solid hour of kickboxing, plyometric training, interval drills and strengthening exercises that will challenge the entire body

## Kettlebell - June

Dynamic moves targeting endurance, strength, balance, agility, & cardio. All levels welcome using 5-20lb kettlebells

## Step & Tone - April

Traditional fun step aerobics as you know it with a touch of weight lifting to improve upper body strength.

## Totally Toning - February

Shape & Strengthen all muscle groups including effective core exercises in a low to no impact workout regimen.

## YOGATHLETE

This challenging class is perfect class for runners, weightlifters & athletes alike so you can maximize your performance, prevent injury, increase your range of motion & gain flexibility. Be prepared to sweat and move while releasing tight muscles!

## Zumba

Tone & sculpt while burning fat in this fusion of hypnotic musical rhythms & tantalizing moves to create a dynamic workout designed to be fun & easy to do.

## Personal Training

Guidance & inspiration with customized programs based on your goals. Whether you want to lose weight & keep it off, build lean muscle, or just look & feel better in your clothes. Your Personal Trainer will take the guesswork out of how to get there. Your Personal Trainer will motivate you by setting goals.





