

CLASS DESCRIPTIONS

Cardio-Jam:	Have fun with this great cardio workout using a variety of different choreographed formats....steps, hi/lo, hip-hop, etc.
Hi/Lo:	Choreographed movements varying between hi and low intensity where YOU can choose the level of difficulty. Class may also include some strength training and toning exercises.
Kickboxing:	Intense cardio workout combining athletic moves, punches, kicks and so much more!! The ultimate challenge for your heart.
Pilates:	Targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Designed to stretch, strengthen and balance the body. Excellent for improving posture, flexibility and aligning the body correctly. Also teaches coordination, concentration and control of the body.
Silver Sneakers®:	Muscle Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance and a chair is used for seated and/or standing support.
Step:	Fun, energetic and easy to follow, this mixed impact cardio class will keep you moving using a step for optimum fitness. Burn fat and strengthen your heart.
Weight Training:	Rev up your morning with a class designed to teach the basics of weight training using mostly nautilus equipment.
Yoga:	Method of learning that combines posture, breathing and focus to promote strength, flexibility, stamina, balance and deep relaxation of the mind and body.
Yogalates:	A great workout combining the exercises of yoga and pilates
Zumba:	Fun, easy to learn cardio class that feels more like a party than a workout. This class fuses Latin rhythms and easy to follow moves that tones, sculpts and melts away stress, leaving you feeling energized. Ditch the workout, join the party!

