

GROUP EXERCISE CLASS DESCRIPTIONS

African Dance – A class that is great for all levels. An intense workout that uses a variety of fun, music, and exciting moves.

Body FIT – A cardiovascular/strength training class using your body as a weight, sometimes with hand-held weights, resist a ball, or other equipment.

Step Jam - A cardiovascular workout adaptable to an intermediate to advanced level incorporating movements on and around the step platform.

Gentle Yoga — Relax, stretch and strengthen in this combination class of Yoga and basic stretching. Reduce stress and enhance your flexibility. A little bit less than a regular yoga class.

Pilates –A class to improve flexibility, strength and develop control and endurance of the entire body. The emphasis is on alignment, breathing, coordination and balance. Great for everyone.

Booty Barre – **This class is a fast-paced combination of cardio and booty moves using the barre.**

Beginner Step – This class is for beginners who would like to advance to the next level. We will go over all the basic steps and put together easy combinations. All are welcome!

ChoreoStep – This class is for the advanced participant! It is an amazing workout that moves fast and delivers advanced choreography! Participants should have a strong understanding of basic and intermediate step cues.

Total Body Xtreme- A total-body workout is the most efficient way to burn calories and gain strength due to a variety of movements and exercises using a variety of equipment that are integrated into each session. It is a way to keep your body burning fat for hours!

Vinyasa Yoga—A class where students coordinate movement with breath to flow from one pose to the next.

Yoga – Relax, stretch and strengthen in this class. Reduce stress and enhance your flexibility. All levels welcomed.

Yogalates – A combination of yoga and pilates all in one class.

Zumba – Forget the workout and join the party! This class is designed to keep you moving to awesome music, including Latin, African, Hip Hop and more! Easy to follow so great for every fitness level!

Weight Circuit – A group cardio and resistance training class in an interval format using your own body weight as well as a plethora of equipment.

Kickboxing Circuit – Kill two birds with one stone! Cardio and strength all the way! This class is constant movement, both on and off the bag!! The kicks and punches build both upper and lower body strength while burning fat!

On the Ball – This is a full body strength class using the stability ball along with other equipment. Focus is on core and balance!

H.I.I.T – High Intensity Interval Training.

Spin – **An intense cardio workout emulating riding outside, a major fat burner!**

Box and Bag – **Calories crushing cardio and strength workout using boxing gloves and heavy bag. This class will burn fat and help to sculpt the body!!**