

**Butts & Balls**

Work a sweat up in this challenging zero impact class. This class combines strength, endurance and core conditioning using weights, bender and stability balls

**Cardio & Core**

Get moving with a light cardio class with added strength conditioning

**Cardio Drumfit**

This class is a fast-paced, non-competitive fitness program that combines music, movement, and drumming. Grab some exercise balls, find your beat and be unique!

**Insanity**

Using a method called Max Interval Training, you'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest.

**In Shape (The 50+ Group)**

Build bone and muscle, increase cardiovascular ability and improve balance and flexibility, all the while meeting new friends and having fun!

**Sihanathang Martial Arts\*\***

Classes in Kickboxing and for the more advanced students Muay Thai. This program is designed to improve aerobic fitness and strength while becoming proficient in the art of kickboxing.

**Spin**

This class will develop your cardiovascular strength and endurance like no other workout. Your instructor will lead you through different styles of rides with motivational music and class instruction.

**Spin & Core**

This class starts with a 20-minute ride on the spin bikes and finishes with a great core workout on the mats.

**Step**

Get your heart pumping and tone your muscles with a combination of step moves and muscle strengthening stretches combined with weight training exercises

**Total Toning**

Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging muscle-toning workout. This workout features a creative combination of strength training and stretching.

**Pilates**

Pilates workouts focus first on developing strength through the core of the body—the back, abdomen, and hips. This provides a foundation to continue working the rest of the body. The concentration is not only strength but also flexibility and coordination. The goal of Pilates is overall body fitness, elongated supple muscles, and balance between body and mind, with all the parts of a person working as a whole. Pilates gives practitioners improved posture, increased lung capacity, and strong, sculpted muscles. Its emphasis on all around, complete fitness supports a variety of fitness goals, from building strength to increasing flexibility.

**Yoga**

Yoga helps to gain balance and flexibility. You will notice an increase of stamina and endurance after performing this type of Yoga

**Yoga and Pilates on the Ball**

Using the large exercise balls, this class incorporates Pilates and strength moves for the first half hour, followed by yoga and stretching for the second half. – This is a registered class, please see front desk

**Zumba**

The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you have a Zumba® class!