

### **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 Drumfit**

Bring on the BEAT, bring on the CARDIO! Whole body fitness with simple drumming. No experience necessary.

### **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!

### **Interval Workout**

Get your heart pumping, push yourself! This interval/tabata based workout uses resistance training and cardio training in the same workout. Working your body like this, you increase your metabolism, which leads to increased fat burning long after the workout.

### **Mid-day Cardio Boost**

Get moving and get your heart rate up with a combination of cardio and strength movements.

### **Saturday Sweat**

Each of the major muscle groups are worked to ensure maximum calorie burn and toning. Carefully chosen music tracks for maximum effect guide participants through the 60-minute class.

### **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.

### **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.

### **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!