

### **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!

### **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.

### **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.

### **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.

### **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.

### **Spoga**

Jump on the bike for a calorie burn, then stretch and strengthen your core and relax into yoga bliss

### **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.

### **Yoga**

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

### **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!