

# Group Exercise Class Descriptions



- ❖ **Ab Jam** - A fun and quick 30 minutes of pure abs, focusing on all areas of your core; including your upper, lower, oblique's, and even your back. Be sure to make time for this class!
- ❖ **Body Blitz** - Looking for a complete body workout? Well look stop looking and come join in on the amazing 30-minute full body workout while you tone and strengthen all those hard to reach spots.
- ❖ **Cardio Jam** - Combines cardio and total body sculpting with even more ab-defining moves. You'll have a blast, burn calories, and shed fat with fun, hip dance moves.
- ❖ **Circuit to Success** - An interval style class that will not only give you a total body workout, but increase your endurance as well! This 45 minute class will focus on strength training using circuit equipment, free weights, and cardio machines in an intervals style. Great for all levels!
- ❖ **Fab Abs** – Get fabulous abs by coming to this 30-minute workout designed to hit every major spot and give you perfect beach abs.
- ❖ **Fit2O** – This is a great class for all ages and genders. It will strengthen and tone your body while being in a pool. You will use the resistance of the water to hit all the main parts of your body all while having fun.
- ❖ **Pilates** - This class will demonstrate that our body can achieve fitness without any equipment. Using only your body weight and gravity Pilates will tone, strengthen, and lengthen your muscles strength, flexibility, control, and balance through a series of controlled movements.
- ❖ **Power Hour** - This class is designed to teach you how to strengthen your body using a mix of cardio, weights, and exciting moves.
- ❖ **Solo Stretch** - Learn great stretches while gaining flexibility with tough muscles. Take time to get all the kinks out!
- ❖ **Team Stretch** - Find different ways to gain flexibility with a partner. This partner stretching will focus on specific muscles; elongating each one to its fullest length, toning, and improving the muscle strength.
- ❖ **Trixter (X-Biking)** - Burn more calories in a fun energetic total body workout in 30 minutes. Where you will get both an upper and lower workout while riding to the fun beats of Trixter's original music. There are three different levels; X, XX, and XXX, each maintaining their own extreme course to get you fit and feel great!!!
- ❖ **TurboKick** – This class is a fun and energetic class that combines dance, kickboxing, and great music to get to pumped and bur calories within every minutes.
- ❖ **Yoga** - Need some time that is just for you? Not only will this yoga class help relax and re-energize you; it will also tone, lengthen, and strengthen your muscles in ways you might have never tried before! Remember you don't have to be flexible to try it!
- ❖ **Yogalates** – This class is a perfect mix of Pilates and Yoga to get the tone and stronger body that you want.