

Group Exercise classes & descriptions offered on campus!

Cardio Options

Improves: muscular strength, cardiovascular endurance, muscle endurance, and agility.

CardioKickboxing: The ultimate cardiovascular challenge complete with a jump start warm-up, bouts of intense intervals and cardio drills, easy to follow combinations, and kickboxing specific strength/endurance training.

Jock Jams: This exciting 45-minute workout combines a moderate to high intensity cardio workout with functional strength. Enjoy the best combination of a sports specific warm-up, kickboxing, interval training, sports conditioning and strengthening all in one fun session.

Kickin' Karate: Tone-up while simultaneously grasping a given amount of self-defense. Kickin' Karate focuses on the body as a whole and will help develop your fitness and confidence. This class will also improve your self-discipline as well as mental clarity.

TKO-Total Knock Out: Fast punches, hard kicks, a TOTAL Knock Out Workout that's sure to slim you down! Come kickbox with me you'll work hard and have tons of fun!

Mixer (Steps & Cardio): This class is intensified with power step moves and challenging with choreographed moves. It is a high energy step workout designed to increase cardiovascular fitness. Abs and cool down stretch at the end. These sessions offer a well-rounded mix of step and strength exercises. You'll get the best of both worlds with this awesome workout.

Bootcamp: A mix of all your favorite cardio formats. You never know what you're going to get – Toning, Hi/Low, Kickboxing or a combination!

Strength Options

Improves: muscle strength, muscles strength, and body composition.

Butt N Gutt: Lower body and high impact toning. The goal of this class is to help change your body's composition by replacing body fat with muscle! Great for those "problem areas!"

Tone & Sculpt Below the Belt: A weight training workout concentrating on strengthening and sculpting the legs, butt, and abs.

Mind/Body Options

Improves: coordination, muscular strength, core strength, and flexibility.

Pilates: Looking for a fun, low-intensity calorie burning workout to get energized, more flexible and toned? Pilates does just that, with a focus on your "powerhouse," your core muscle groups –abdomen & lower back, as well as your hips & buttocks. You will develop a long, lean, sculpted look, and a stronger more flexible body.

Power Yoga: This yoga workout focuses on traditional yoga pose & proper alignment. You will move through various yoga flows which will increase your strength, flexibility & stamina. Power yoga is a great workout that will keep you sweating, moving, & coming back for more with the power of the flow.

Water Options

Improves: muscle strength and endurance.

HydroTone: Get three times the workout without feeling the pain! By using water resistance workout is designed to tone muscles, increase strength, & endurance with low impact on the joints. Swimming to Aerobic dance & music will give you a new exciting experience to stay in shape.